Din Raat Mein 1000 Se Ziyadah SUNNATEIN

Taleef
Fazilatush Shaikh
Khalid Al Husaynaan

MAKTABA AL-USAID
Tolichowki, Hyderabad-8 (T.S.)

DIN RAAT MEIN

1000

SE ZIYAADAH SUNNATEIN

Muallif

Shaikh Khalid Al-husaynaan

Maktabah Al-Usaid

H.No 9-4-57/12/10 ,Hakeem pet Road, Toli chowki Hyd.

Cell:8686474855

Naam kitab :Din Raat mein 1000 Sunn......

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Muhammad Salik Usaid

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Fehrist

Arze Naashir

Yeh kitaab jo aap ke haathon mein hai Fazilatus-Shaikh Khalid Al-husaynaan hafizahullah ki taaleef hai iska tarjuma Shaikh Fazlur-Rahman Inayatullah hafizahullah ne kiya hai. kitaab ka mauzoo raat din men ek 1000 se ziyadah sunnaten hain, ya'ni moallif hafizahullah ne subah soker uthhne se lekar raat ko sone tak ke ek 1000 se ziyadah sunnaten ahaadees ki raushni mein badi mehant se tarteeb di hai.

Musalmaanon par laazim hai ke woh apne Nabi ﷺ ki sunnaton ka ilm haasil karen aur un par amal karein kyun ke najaat wa falaah mauqoof hai Rasoolullah ﷺ ki itteba'a par.

Maktaba Al-Usaid, ne aam musalmaanon ke faayide ke liye is aham kitaab ko roman script mein sha'ae karne ki sa'aadat haasil kar rahi hai. Allah Ta'ala Muallif wa mutarjim aur nashir ko ajre azeem a'taa farmaaye. aameen.

wa sallallaahu alaa nabiyyina muhammad wa aalihi wa shaabihi wa sallam.

Muhammad Salik Usaid

Muqaddamah

Agar tum Allah se muhabbat rakhte ho to meri itteba' karo khud Allah ta'la tumse mohabbat karega aur tumhare gunah m'aaf kardega.Allah ta'la bada bakhshne waala bada meharbaan hai.

Aur Hadees mien hai:

Piyare Rasoolﷺ ne farmaya:

Meri saari ummat jannat mein jaayenge magar jis ne inkaar kiya Sahaba kiraam ne poochha: Aye Allah ke Rasoolﷺ (jannat mien jaane se) koun inkaar karega? farmaya jisne meri baat maan li woh jannat mien jaayega. aur jisne meri baat na maani usne inkaar kiya.

Allah aur uske piyare Rasoolﷺ ki baat men hi khair wa barkat aur usi par amal karne men najaat hai. aur har musalmaan ke liye yeh zaruri hai ke sunnate Rasoolﷺ ki zarurat wa ahmiyat ko jaante huye apni tamaam harkaat wa saknaat aur qaul wa amal mein tareeqaye Rasoolﷺ ko sidqe dil se apni ragon ka khoon banaale .taake uske shab-o-roz ek munazzam aur bila khauf-o-khatar jannat ke baagh aur pur sukoon zindagi ki raah ban jaaye.

Ek momin ki zindagi itteba'-e-Rasoolﷺ ki akkaas honi chaahiye, jitna koyi sunnat par amal karega utnaa hi Allah maalikul mulk ke nazdeek a'laa maqaam par faayez hoga.

Isi cheez ko madde nazar rakhte huye main ne thodi si koshish kar ke kuchh mawaad jama' kiya hai taake har musalmaan ka din aur raat khawah us ki ibaadat ho, uska sona ho,uska jaagna ho, us

ka khana ho, uska peena ho, kahin aana ho, kahin jaana ho, uska rahna sahna ho ya uthhna baithhna. sab sunnate Rasool ﷺ ki ahyaa ka manba' ban jaaye.

Haqeeqat mein yeh baat gaur talab hai ke agar kisi insaan ka qeemti maal usse gir jaaye, ya zaaye' hojaaye. to uske liye woh kitna pareshaan hota hai? use dhoondhta hai? uski talaash ke liye waqt nikaalta hai. us waqt tak use chain nahin aata jab tak use woh maal na mil jaaye.

lekin agar kisi shakhs se uski zindagi ke din ya raat men koyi sunnat choot jaaye to kiya uske liye kabhi pareshaani huyi hai....?

kitni hi aisi sunnaten hain jo hum se choot chuki hain na kabhi afsoos huwa, aur na hi kabhi gham?

hum jin masaayib ka en dinon saamna kar rahe hain unki bhi ghaaliban yahi wajah hai. kih ham rupiye paise ki jitni ta'zeem karrahe hain utni hi hum sunnaton ki ta'zeem nahin kar rahe. aur agar logon ko maal ke ewaz sunnaton par amal karne ko khaa jaaye to phir dekhen ke loge subah se shaam tak kitni mehnat se un par amal karte huye dikhayi denge.

kyun ke unhen har sunnat ke badle maal mil rahaa hota hai, kamaayi aarhi hoti hai. lekin unhen yeh yaad nahin ke jab unhen qabr men rakh kar manon mitti ke andar daba diya jaaye ga to unhen yeh maal kiya faaidah dega. jaisa kih Allah ne farmaya:

Tum is hayaati duniya ko tarjeeh dete ho. haalanke aakhirat behtar aur baaqi rahne waali hai.

(Surah 'Aala 16.17)

Yahaan is kitaab mein un sunnaton ka zikr kiya gaya

hai. jo har insaan ki taaqat bhi hai ke woh din raat men agar koshish kare to ek hazaar sunnat se ziyaadah par amal karsakta hai jo ek maheena mein (30) hazaar nekiyaan banti hain. ab dekhte hain kaun jo in par amal karta hai aur koun hai jo apne aap ko in se mahroom rakhta hai. yaqeenan jo nekiyan zaaye' karta hai woh bahut hi khasaare mein hai. aur jo neki haath se nikal gayi woh dobarah haath nahin aati.

Sunnat par amal karne ke fawaaid

1.Sunnat par amal karne ka faaidah yeh hai ke Insaan Allah ke saath mohabbat ke darje par faayiz ho jaata hai.

2. Jo faraayiz ki adaayigi men kami waaqe' hoti hai us ki takmeel ka moqa' muyassar aata hai.

3. Sunnat par amal karne se insaan bid'at se bach jaata hai.

4. Allah ki nishaaniyon, uski qudraton aur uski khilqat ki ta'zeem muyassar aati hai.

☆ **Aye piyaare Rasool ﷺ ke ummatiyo!**

Tumhaara hi kaam hai ke tum apne piyaare Rasoolﷺ ki sunnaton ko zindah karo! tumhaare siwa kaun hai jo apne haadi wa murshid aur rahbar-o-rahnuma piyaare Rasool ﷺ se muhabbat ki alaamat bane aur sachchi itteba' karne waala saabit ho?

Ummatiyo! Uthho! aur sunnaton par amal karke Allah ke Rasoolﷺki sunnaton ke aamil ban jaao. unka taarik ban kar qaatile sunnat banne se bach jaao.

Akhukum fillaah

Muallif

SOKAR UTHHNE KI SUNNATEN

1.Haath se neend ke asar ko chehre se door karna:
Hadees:-"Allah ke Rasool ﷺ neend se bedaar huye, baithhe aur apne chehra-e-mubarak se neend ke asar ko apne haath mubarak se door kiya".

(Sahih Muslim 1825)

2. DU'A KARNA:-

اَلْحَمْدُلِلّٰهِ الَّذِىْ اَحْيَانَابَعْدَمَااَمَاتَنَاوَاِلَيْهِ النُّشُوْرُ

Alhamdu lillaahil-lazee 'ahyaanaa ba'da maa 'amaatanaa wa'ilayhin-nushoor.

Allah ka shukr hai jisne maarne ke ba'd zindah kiya aur usi ki taraf laut kar jana hai. ***(Sahih Bukhari:6312)***

3: Miswaak karna:-

Allah ke Rasool ﷺ jab raat ki neend se bedaar hote to apna munh mubarak miswaak se saaf karte.

4.Naak jhaadna: iske baare mein Allah ke Rasoolﷺ ka farman hai:

Jab bhi tum mein se koyi sokar uthhe to use chaahiye ki woh teen martabah apni naak jhaadle. kyun ke shaytaan us ki naak par raat basar karta hai.

(Bukhari:3295)

5. Donon haath teen martabah dhona:

jab bhi koyi neend se bedaar hoto use chaahiye ki woh bartan mein us waqt tak haath na daale jab tak woh teen martabaha (bartan se baher) apne haath na dhole. ***(Sahih Muslim:665, Abu Dawood:103)***

Baitul Khalaa mein aane jaane ki sunnatein

1.Baitul khala mein daakhil hote waqt baayan pair andar daakhil karna aur nikalte waqt pahle daayan pair nikaalna:

Baitul Khalaa men daakil hone ki du'a

اَللّٰھُمَّ اِنّیْ اَعُوْذُبِکَ مِنَ الْخُبُثِ وَالْخَبَائِثِ

Allaahummaa 'innee 'a'oozu bika minal-khubuthi walkhabaa'ith. ***(Sahih Bukhari:142)***

Aye Allaah ! main khabees jinon aur khabees jinniyon se teri panaah men aata hoon..

Chun ke baitul khala unke rahne ki jagah hain is liye unse panaah maangna zaroori hai.taake Allah Ta'la unki shar se mahfooz rakhkhe

Baitul khalaa se nikalne ki du'a

Ghufraanaka. غُفْرَانَکَ

Aye Allaah main teri bakh shish talab karta hoon.

(Sunan Abu Dawood:30)

Insaan din raat mein kayi dafa'a baitul khalaa mein daakhil hota hai. jab bhi baitul khala mein aana jaana ho, in sunnaton se zaroor mustafeed hona chaahiye.do sunnaten daakhil hone ki hain, aur do nikalne ki.

Wazu ki sunnatein

- .Bismillah padhna.
- .Wazu shuru' karte waqt teen martabah haathon ka dhona.
- .Chehra dhone se pahle kulli karna aur naak mein paani chadhana.
- .Baayen haath se naak ka paani jhaadna.

Hadees mein hai "Aap ﷺ ne teen martabah donon haath dhoye, phir kulli ki aur naak mein paani chadaya aur jhaada, phir apne chehre mubarak ko teen martabah dhoya". ***(Sahih Bukhari:164)***

kulli karne aur naak mein paani chadaane men mubalghah karna.

Hadees mein hai:- kulli karne aur naak mein paani chadhaane mein mubaalgha karna hai.magar roze ki haalat mein(Roza ki haalat men mubaalghah nahin karna).***(Tirmezi:788)***

Kulli karne mein mubaalghah ka matlab hai kih paani ko munh mein achchi tarah ghumaana aur naak mein paani chadhaane mein mubaalghah ka matlab hai ki paani ko naak ki jad tak pahunchaa dena.

ek hi chullu se munh aur naak mein paani chadaana: Aadhe se kulli karna aur aadhe se naak mein paani chadana. phir apne baayen haath se naak ki safayi bhi karna hai.

Wazu ke waqt miswaak karna:-

Hadees mein hai:- Agar main apni ummat par mushaqqat na samajhta to har wazoo ke waqt unko miswaak karne ka hukm deta. ***(Bukhari:887)***

Chehra dhote waqt ghani daadhi ka khilaal karna:

Tirmezi Shareef mein hai ke Rasoolul ﷺ dauraane wazoo apni daadhi mubarak ka khilaal kiya karte.

Donon haathon ko kohniyon tak dhona:

Hadees men hai ki Allah ke Rasool ﷺ ne apne donon haathon ko kohniyon tak dhoya.

(Sahih Bukhari:159,Sahih Muslim:561)

Pahle dayen haath ko kohni tak phir baayen haath ko kohni tak teen teen martabah dhona hai.donon haathon ko kohniyon samet dhona hai. ***(Mutarjim)***

9. Sar Ke Masah Ka Tareeqa:-

Bukhari aur Muslim mein hai ke donon haathon ko sar ke ibtidaayi hissa se shuru' karke (Gardan)guddi ke aakhir tak le jaakar phir ibtedaaye sar tak donon haathon ka waapas le aana jahaan se masah shuru' kiya tha. gardan ke masah ke liye alaahidah paani lena yaa alaahidah masah karne ki zaroorat nahin. sar ka masah karna guddi ke aakhir tak hai jis mein gardan shaamil hai.***(Mutarjim)***

☆ Kaanon Ka Masah Karna:-

Hadees mein hai ke Allah ke Rasool ﷺ ne apne kaanon ka andar se donon shahaadat ki ungliyon ke saath aur bahar ka Ungoothon ke saath masah kiya.

a).kaanon ke masah ke liye naya paani lene ki zaroorat nahin balke sar ke masah se faraaghat ke ba'd usi paani se kaanon ka masah karna hai.

b).Kaanon ka ta'alluq sar se hai .Jis ke liye naya paani lene ki zaroorat nahin.

•.*Paauon ko Takhnon Samet Dhona:-*

Hadees mein hai ke Allah ke Rasool ﷺ ne sar ka masah karne ke ba'd teen martabah takhnon tak apne pair ko dhoya:

Aap ﷺ ne apne chehre ko 3 baar dhoya, aur apne haathon ko kohniyon tak 3 baar dhoya, phir apne sar ka masah kiya, phir apne pairon ko takhnon tak 3 baar dhoya. ***(Bukhari: 159, Kitaabul Wazoo, Muslim:561)***

10.Haathon aur Paaon ki Ungliyon ka khilaal karna:

Hadees Hai: Wazu achchi tarah karen aur ungliyon ka khilaal karen. ***(Abu Dawood:142,Nasai:114)***

11. Daayen Taraf se Shuru' Karna:-

Ya'ni haath dhote waqt pahle daayen haath se aur paauon dhote waqt pahle daayen paauon se shuru' karna.

Bukhari aur Muslim ki hadees hai: ke Allah ke Rasool ﷺ daayen taraf se shuru' karne ko pasand farmaya karte. hatta ki joota pahanne aur tahaarat wagairah mein bhi. ***(Bukhari:168)***

12. Chehra, donon haath aur donon paaon dhote waqt ek daf'a se ziyaadah"teen daf'ah" paani iste'maal karna.

13.Wazoo ke ba'd kalima-e-Shahadatain:

أَشْهَدُ اَنْ لَّا اِلٰهَ اِلَّا اللّٰهُ وَحْدَهٗ لَا شَرِيْكَ لَهٗ وَ أَشْهَدُ اَنَّ مُحَمَّدًا عَبْدُهٗ وَرَسُوْلُهٗ

Ash-hadu 'al Laa 'ilaaha 'illallaahu wahdahu laa shareeka lahu, wa 'ash-hadu 'anna Muhammadan'abduhu wa Rasooluhu.

Main gawaahi deta hoon ke Allah ke elaawah koyi sachcha ma'bood nahin woh akela hai uska koyi shareek nahin aur main gawaahi deta hoon ke yaqeenan Muhammad ﷺ uske bande aur Rasool hain.

Faayidah: wazu ke ba'd jo shakhs in kalimaat ko padh leta hai Allah ke Rasool ﷺ ka farmaan hai: Uske liye jannat ke aathhon darwaaze khul jaate hain jis se uski marzi jannat men daakhil ho.***(Sahih Muslim:576)***

14. Ghar mein wazu karna:

Rasool ﷺ ka farmaan hai:-

"Jo ghar se wadhoo karke masjid ki taraf Allah ke faraayez mein se kisi farz salaat(namaz) ki adaayigi keliye nikalta hai to us ke qadmon ki yeh haalat hoti hai ki qadam se gunah girte hain aur doosre se darjaat buland hote hain". ***(Sahih Muslim:1519)***

15. Paani ke saath ya ba'd mein har azu par achchhi tarah se haath ghumaana:(taake koyi jagah khushk na rah jaaye)

16. *Paani ziyadah iste'maal na karna:*

Bukhari aur Muslim mein hai ki"Allah ke Rasool ﷺ ek mud ke saath wazu kiya karte".***(Abu Dawood:92)*** (*Mud Taqreeban dhaayi kilo hota hai)*

17:Haath aur paaon ke dhone mein farz ki had se tajaawuz karna:

Muslim Shareef mein hai ki janaab Abu Hurairah رضی اللہ عنہ ne wazu kiya. haath kohniyon ke oupar (kandhon se neeche) tak aur paaoun pindliyon tak dhoye. Phir kaha: ki main ne Rasoolullahﷺ ko aise hi wazoo karte dekha tha.

18.*Wazu Karne ke Ba'd Do Rak'at Namaaz Ada Karna:-*

Rasoolullah ﷺ ka farmaan hai:

jis ne mere is wazu jaisa wazoo kiya.aur phir do rika't namaaz ada ki jis mein usne apne nafs se koyi baat na ki to uske saare gunah m'aaf kar diye jaate hain. ***(Sahih Bukhari:159)***

Aur Muslim Shareef Mein:-

Janaab Uqbah bin Amir رضی اللہ عنہ ki hadees mein hai ki us ke liye jannat waajib ho jaati hai.

19.Mukammal Wazu Karna:

ya'ni har az'o ke dhone ka haq ada karna.

●.Wazu ka tareeqah Jibrayeel علیہ السلام ne Allah Rabbul Izzat ke hukm se payaare Rasool ﷺ ko sikhaya.

Hadees mein aata hai:-

Wahi ke ibtadaayi dinon mein Jibraeel علیہ السلام ne Allah ke Rasool ﷺ ko wazu aur namaaz ki ta'aleem di. jab wazu se faarigh huwe to ek lap paani liya aur apni sharam gaah par(***kapdon par se hi***)chidak diya.

Faayidah:- Jis insaan ko wazu ke ba'd peshaab ke qatre nikalne ka shak ya waham waghairah ho. to usko apne waswason se bachne ke liye is sunnat par amal karne mein zaroor faayidah hoga.

is kaam ke karne se sunnat par bhi amal hojayega aur shaytaani waswason aur dobaarah wazu ki mushaqqat se bhi insaan bach jaayega.***(Mutarjim)***

Chunke har Musalmaan din aur raat mein kayi martabah wazu karta hai. ba'z paanch martabah karte hain aur ba'z usse bhi ziyadah martabah. jab woh namaaz-e-zuha ya Qiyaamul-lail waghairah ke liye

wazu karta hai, to jitni martabah insaan wazu karega agar utni hi dafa' hi un sunnaton ko adaa karta rahega to ajr-e-azeem paayega.

Fayidah:- wazu ki sunnaton ka khayaal rakhne ka faayedah yeh hoga ke

Allah ke Rasool ﷺ ne farmaya:

jisne wazu kiya aur achchhe tareeqe se wazu kiya to uski khataayen uske jism se nikal jaati hai hatta ki us ke naakhunon ke neeche se bhi. ***(Sahih Muslim:601)***

Aur ek doosri Muslim Shareef ki hadees mein Rasool ﷺ ka farmaan hai:

Tum mein se koi bhi aisa nahin jo wazoo kare, achchi tarah se wazu kare. phir woh do rak'at namaaz apne dil aur chehre ke saath mutawajjah hokar ada kare.to us ke liye jannat waajib hojaati hai. aur baksh diya jaata hai. (Sahih Muslim:576)

Miswaak ki Sunnatein

Din raat mein ek musalmaan be shumaar martabah miswaak karta hai.

Bukhari aur Muslim mein riwayat hai ki

Rasulullah ﷺ ka farmaan hai:

"Agar main apni ummat par mushaqqat na samajhta to har namaaz ke waqt miswaak ke zaroori hone ka hukm deta". (Abu Dawood:47)

Majmooyi taur par ek Musalmaan din raat mein 20 martabah se kam miswaak nahin karta. paancho namaazon ke liye, sunnat-e-muakkidah, namaaz-e-zuha aur namaaz-e-witr ke liye aur ghar mein daakhil

hote waqt woh miswaak karta hai.

kyun ke Allah ke Rasool ﷺ ghar mein daakhil hote waqt sab se pahlaa kaam jo kiya karte woh miswaak tha.

Jaisa ke Muslim Shareef men Sayyedah Aayisha رضی اللہ عنہا ke hadees hai: ke Allah ke Rasool ﷺ jab bhi ghar tashreef laate to miswaak karte, munh ki hawa ki tabdeeli ke liye,neend se bedaar hone par, qira'at-e-Qur'an aur wazoo ke waqt miswaak kiya karte.

Aur Allah ke Rasool ﷺ ka irshaad-e- giraami hai: Miswaak munh ki safaayi karti hai, aur Allah ki raza ka sabab hai. ***(Sahih Bukhari Baab:27,Nasai:5)***

Is Sunnat ko Apnaane ka Faayedah:-

- .Bande ko Allah Subhaanahu wa ta'ala ki riza naseeb hoti hai.
- .Munh ki safaayi hoti hai. Jadeed science ne inkeshaaf kiya hai ki Miswaak ke bahut se aise Faaide hain jo daanton aur masoodon ke liye mufeed hain un fawaayid men se yeh bhi hain:

1.Jaraseem khatm karne ka mawaad hota hai.
2.Munh ki safaayi ka mawaad hota hai.
3. Daanton ki chamak ka mawaad hota hai.
4.Munh men khushboo aur khush zaayiqah banane waala mawaad hota hai.

Joota pahanne ki sunnatein

Rasool ﷺ ka farmaan hai:

jab koyi jootaa pahne to daayen (paauon) se shur'u kare aur jab utaare to pahle baayaan utare. aur(yeh bhi khayaal rakkhen ki)donon paauon men joota pahne rakhkhen! yaa donon se utaarden! ek paauon jootaa pahne na chalen! ***(Sahih Muslim:5616)***

Yeh sunnat bhi ek musalmaan din raat mein kitni martabah adaa karta hai. Masjid mein aane jaane ke liye, taharat khana men, ghar mein aate jaate,aur uske elaawah mazeed kitni martabah hi woh joote pahne aur utaarne ki sunnat se mustafeed hosakta hai, jab bhi woh joota pahne yaa utaare to us waqt woh sunnat adaa karne ka iraadah karle to bahut hi azeem sawaab haasil karsakta hai.

aur us ki sab harkaat wa saknaat sunnat ke mutaabiq hongi.

Libaas Ki Sunnatein

Din raat ke majmooyi kaamon mein se logon ki aksariyyat umooman jo kaam karti hai. us men se libaas pahanna aur utaarna bhi hai. khaah woh nahaane ke liye ho, sone ke liye yaa us ke elawah kisi waqt yaa kisi sabab se ho. uske utaarne aur pahanne ki bhi kuchh sunnaten hain.

1)Pahante yaa utaarte waqt (***Bismillah***) kahna.

Imaam nauvi رحمہ اللہ farmaate hain ki yeh har kaam ke waqt padhna mustahab hai.

2)Nabi-e-Akram ﷺ jab koyi kapda pahante, maslan:

Qamees, Chadar ya Pagdi to yeh padha karte:

(اللّٰهُمَّ انّی أسألُک مِنْ خیرہٖ وخیرِما هُولَه، واعُوذُبک مِنْ شرِّہٖ وشرِّما هُو لَه)

Allaahum-ma innee 'as'aluka min khayrihee, wa khayra maa huwa lahu, wa a'oozu bika min sharrihee wa sharri maa feehaa,huwa lahu.

(Abu Dawood:4020 aur Tirmezi:1767,aur isko ibne Hibbaanرحمہ اللہ ne Sahih kaha hai aur Imaam Zahbiرحمہ اللہ ne is ki mawafiqat ki hai).

3) Pahante waqt daayen taraf se shuru' karna.

Rasoolullaah ﷺ ka Irshaad-e- Giraami hai:

Jab tum kuch pahno to daayen taraf se shuru' karo. ***(Abu Dawood:4141,Ibne Khuzaima:178)***

4.jab bhi koyi apne kapde utaare to baayen taraf se suhuroo kare phir daayen taraf ke utaare.

Ghar Aane Jaane Ki Sunnatein

Imaam Nauviرحمہ اللہ farmaate hain behter yeh hai ki insaan (***Bismillah***) padhe. aur Allah ka naam lete hue ghar waalon ko salaam kahe.

1)Ghar mein daakhil hote waqt Allah ka zikr karna:

Allah ke Rasool ﷺ ka farmaan hai:

Jab insaan ghar men daakhil hota hai to daakhil hone aur khaane ke waqt Allah ko yaad kar leta hai to shaytaan(apne saathiyon) se kahta hai. na tumhaare liye yahaan rahne ki jagah hai aur na kuch khane ke lieye. ***(Abu Dawood:3200)***

2)Ghar mein daakhil hone ki du'a Abu Dawood mein hadees hai:

اللّٰھُمَّ اِنِّی اَسْئَلُکَ خَیْرَ الْمَوْلِجِ وَخَیْرَ الْمَخْرَجِ بِسْمِ اللّٰہِ وَلَجْنَا،
وَبِسْمِ اللّٰہِ خَرَجْنَا وَعَلَی اللّٰہِ رَبِّنَا تَوَکَّلْنَا

Allaahumma innee asaluka khairal maulaji wa khairal makhrajee Bismillaahi walajnaa, wa bismillahi kharajnaa, wa 'alallaahi rabbina tawakkalnaa.

Allah ke naam se hum dakhil huye aur Allah ke naam ke saath hi hum bahar nikle ham ne apne parwardigaar Allah hi par bharosa kiya.

Phir apne ghar waalon ko salaam kahe.

(Saheehul Jaame' Assagheer:839)

Jab koyi insaan ghar aate jaate Allah par bharosa karega.to Allah Subhaanahu wa ta'la se us ka ta'lluq mazeed badh jaayega.

3)Ghar men daakhil hote waqt Miswaak karna: Allah ke Rasool ﷺ jab bhi ghar tashreef laate to Miswaak shuru' kar dete.*(Muslim)*

4.Ghar mein daakhil hote waqt salaam kahna:

Allah Rabbul Izzat ka farmaan hai:

Jab tum gharon mein daakhil hone lago.to apne ghar waalon ko salaam kar liya karo.du'aaye khair hai jo baabarkat aur paakizah hai Allah ki taraf se naazil shudah hai.

Zara hum sochen*???* ki ek Musalmaan jab Masjid se namaaz ke ba'd ghar men daakhil hota hai to us waqt jo uski sunnaten ada hoti hain un ki ta'daad(20) banti hain.

5.Ghar se baher jaane ki du'a

بِسْمِ اللّٰہِ تَوَکَّلْتُ عَلَی اللّٰہِ لَاحَوْلَ وَلَا قُوَّۃَ اِلَّا بِاللّٰہِ

Bismillah, tawakkaltu 'alallaahi, wa laa hawla wa laa quwwata 'illaa billaah.

Main Allah ke naam se nikalta hoon main ne Allah par bharosa kiya na kisi cheeze se bachne ki aur na hi kuchh karne ki taufeeq hai magar Allah ki madad se

(Hasan,Sunan Abi Dawood:5095)

Ek Musalmaan apne ghar se din raat mein kitni daf'a nikalta hai.

Namaaz ki adaayigi ke liye Masjid ki taraf, naukri ke liye apne maktab ki taraf, ghar ke kaam kaaj wagairah ke liye kitni daf'a baher niukalta hai,

Gharz yeh ki jitni daf'a bhi woh nikalta hai woh un sab sunnaton ko jama' karle, to ajre azeem aur khair-e-kaseer haasil karsakta hai.

Ghar se nikalte waqt sunnaton ko jama' karne ke fawayid:

1)Bande ko deeni aur dunyaavi umoor men Allah Subhaanahu, wa ta'ala kafi ho jaate hain.

2)Bande ko har jin wa ins aur shaytaan ki shar se hifaazat mil jaati hai.

3)bande ko Allah ki taraf se hidaayat naseeb hoti hai, jo gumraahi ke bilkul bar aks hai, Allah kareem tmaam logon ko deeni aur dunyaavi kaamon mein Raah-e-Hidayat naseeb farmaaye. (**Aameen**)

Masjid Ki Traf Jaane Ki Sunnaten

1)Masjid ki taraf jaane mein sawera karna.

Piyaare Rasool ne farmaya:

Agar logon ko ilm ho jaaye ki aazaan aur pahli saff ka kiya sawaab hai? to uske liye unhain agar qur'a

*andaazi bhi karni pade to bhi kar guzren. (ya'ni qur'a andaazi ke zariyah saffe awwal haasil karne ki koshish karenge). aur agar un ko ma'loom ho ki namaaz men jaldi aane ke liye kiya sawaab hai to ek doosre se aage badhen.aur agar isha aur subah ki namaaz ke sawaab ko jaan len to us ke liye raengte huye bhi aana pade to aayen.***(Rawaho Bukhari:615)**

Masjid Ki Taraf Jaane Ki Du'a

اَللّٰھُمَّ اجْعَلْ فِیْ قَلْبِیْ نُوْرًاوَفِیْ لِسَانِیْ نُوْرًاوَ فِیْ سَمْعِیْ نُوْرًاوَ فِیْ بَصَرِیْ نُوْرًاوَّمِنْ فَوْقِیْ نُوْرًاوَّمِنْ تَحْتِیْ نُوْرًا وَعَنْ یَمِیْنِیْ نُوْرًا وَعَنْ شِمَالِیْ نُوْرًاوَّمِنْ اَمَامِیْ نُوْرًاوَمِنْ خَلْفِیْ نُوْرًاوَاجْعَلْ فِیْ نَفْسِیْ نُوْرًا وَاَعْظِمْ لِیْ نُوْرًا وَعَظِّمْ لِیْ نُوْرًا وَاجْعَلْ لِیْ نُوْرًا وَاجْعَلْنِیْ نُوْرًا اَللّٰھُمَّ اَعْطِنِیْ نُوْرًاوَاجْعَلْ فِیْ عَصَبِیْ نُوْرًاوَفِیْ لَحْمِیْ نُوْرًاوَفِیْ دَمِیْ نُوْرًاوَفِیْ شَعْرِیْ نُوْرًاوَفِیْ بَشَرِیْ نُوْرًا ،اَللّٰھُمَّ اجْعَلْ لِیْ نُوْرًافِیْ قَبْرِیْ وَنُوْرًا فِیْ عِظَامِیْ وَزِدْنِیْ نُوْرًا وَزِدْنِیْ نُوْرًا وَزِدْنِیْ نُوْرًا وَھَبْ لِیْ نُوْرًا عَلٰی نُوْرٍ

Allaahummaj'al fee qalbee nooran, wa fee lisaanee nooran, wa fee sam'ee nooran, wa fee basaree nooran, wa min fawqee nooran, wa min tahtee nooran, wa 'an yameenee nooran, wa 'an shimaalee nooran, wa min 'amaamee nooran, wa min khalfee nooran, waj'al fee nafsee nooran, wa 'a'zim lee nooran wa 'az-zim lee nooran, waj'al lee nooran, waj'alnee nooran, Allaahumma 'a'tinee nooran, waj'al fee 'asabee nooran, wa fiee lahmee nooran, wa feedamee

nooran wa fee sha'ree nooran wa fee basharee nooran.(Allaahummaj'al lee nooran fee qabree wa nooran fee 'izaamee.) (Wa zidnee nooran, wa zidnee nooran, wa zidnee nooran.) (Wa hab lee nooran 'alaa noorin.)

Aye Allah mere dil mein noor bharde. meri zaban mein noor meri sama'at mein noor aur meri basarat mein noor mere upar noor mere neeche noor mere dayen noor mere bayen noor mere saamne noor aur mere peeche noor aur mere nafs mein noor aur tu mere noor ko ziyadah karde aur mujhe bahut ziyadah noor ata farma mere liye noor bana aur mujhe noor banade, aye Allah mujhe noor ata farma, aur mere putthhon mein noor bherde, mere gosht men, mere khoon mein, mere baalon men aur meri jild men noor bhar de .aye Allah mere qabr mein noor bhar de aur meri haddiyon mein noor bhar de aur mujhe mazeed noor ata farma mujhe mazeed noor ata farma mujhe noor hi noor ata farma.

3.Itminaan aur Waqaar se Chalna:

Pyaare Rasool ﷺ ka farmaan hai:-

jab tum iqaamat sunlo. to namaaz ke liye bilkul sukoon aur waqaar se chalo.ya'ni daudne aur fuzool harkaat se ijtenaab karo. aur waqaar ka yeh matlab hai ki nazar neechi, aawaaz past aur seedhi rahe.

(Sahih Bukhari:636)

4.Masjid ki taraf paidal chal kar jaana:

Fuqhaa-e-Kiraam رحمہم اللہ تعالیٰ bayaan farmaate hain ki masjid jaane ke liye aahistah aahistah aur qareeb qareeb pair rakh kar jaana sunnat hai. taaki

jaldi(ujjlat) se bcha jaye aur pair ziyadah chal kar jaane mein nekiyaan ziyadah haasil karne ki fazeelat aur ajr-e- a'zeem haasil ho. farmaane Rasool ﷺ hai:

Kiya main tumhen aisa kaam na bataaoun jis se Allah ta'ala khataayen m'aaf karde aur darjaat buland karde? Sahaba kiraam ne kaha:"kyun nahin Allah ke Rasool" to farmaya:

Masjid ki taraf ziayadah paaoun chal kar jaana.***(Sahih Muslim:610)***

5.Masjid men daakhil hone ki du'a

Farmaane Rasool ﷺ hai jab koyi Masjid men daakhil ho to pahle "*Darood Shareef* " padhe. aur phir yeh du'a padhe

اَللّٰهُمَّ افْتَحْ لِیْ اَبْوَابَ رَحْمَتِکَ

Allaahum-maftah lee 'Abwaaba rahmatika.

Aye Allah mere liye rahmat ke darwaaze khol de.

(Abu Dawood:456, Ibne Maja:254)

6.Daayan paaoun pahle daakhil karna:

Sayyadna Anas Bin Malik رضی اللہ عنہ farmaate hain:

Sunnat yeh hai ke jab aap masjid mein daakhil hon to daayan paaoun pahle rakhkhen aur jab wahaan se nikle to pahle baayan paaun nikaale.

(Haakim wa waa fiqahu-z-zahbi)

7.Pahli saf ke liye aage badhna:

Agar logon ko ilm ho jaaye ki azaan aur pahli saf ka kiya sawaab hai? to uske liye qura' andaazi bhi karni pade to bhi kar guzrenge. (Sahih Bukhari:653, Muslim:980)

8.Masjid se Baahar Aane ki du'a

بِسْمِ اللّٰهِ وَالصَّلٰوةُ وَالسَّلَامُ عَلٰی رَسُوْلِ اللّٰهِ،اَللّٰهُمَّ اِنِّیْ اَسْئَلُکَ مِنْ

فَضْلِک.

Bismillahi wassalaatu wassalamu 'alaa Rasoolillahi, Allaahumma 'innee 'as'alukamin fadhlika.(Abu Dawood:465)

Allah ke naam ke saath aur darood wa salaam ho Allah ke Rasool par, aye Allah! main tujh se tera fazl maangta hoon.

9.Nikalte waqt baayan paaoun pahle nikaalna:

Is ke baare mein Sayyadna Anas ؓ ka farmaan saabiqah safah par guzar chuka hai.

10.Tahyyatul Masjid ada karna: Masjid mein daakhil hone ke do nafil.

Allah ke piyaare Rasool ﷺ ne farmaya:

*Jab bhi tum men se koyi Shakhs Masjid aaye to do(2) raka't padhe baghair na baithhe.***(Muslim:1651)***

(Do raka't ko Tahayyatul Masjid kaha jaata hai).

Imaam Shaa'fai رحمہ اللہ farmaate hain ke

Tahayyatul Masjid mamnu'a auwqaat mein bhi jaayez hain.

Haafizرحمہ اللہ farmaate hain ke ahle fatwa is baat par muttafiq hain ke tahyyatul Masjid sunnat hain.(agar paancho waqt Masjid mein aane jaane ki sunnaten jama' ke jaayen to un ki majmoo'yi ta'daad (50) banti hain).

Aazaan Ki Sunnatein

Allaamah Ibne Qayyim رحمہ اللہ Zaadul Ma'aad mein bayaan karte hain ki azaan ki (5) sunnaten hain.1) Jo kalimaat muazzin kahta hai sunne waala bhi wahi kalimaat kahe:Maasiwa

Hayya 'alas-Salaah حی علی الصلوة

Aao Namaaz ki taraf

Hayya 'alal Falaah حی علی الفلاح

لاحـول ولاقـوة aao kamyaabi ki taraf ke jawab mein

La hawla wa laa quwwata illa billah. الاباللہ

(Allah ki taufeeq w madad ke baghair kisi gunah se bachne ki taqat aur koyi neki karne ki quwwat nahin) kahe

Faaidah: Iss sunnat ke ada karne ka faaidah yah hai ki aap ke liye jannat wajib kardi jaaiti hai.

2.Azaan Sunnae wala kahe.

وانا اشهدان لاالـه الاالله وحده لاشريک لـه وانّ محمّداعبده ورسوله رضيت بالله ربا وبمحمد رسولا وبالاسلام دينا

Wa anaa ash-hadu an la ilaaha illaallaahu wahdahu laa shareeka lahu wa anna Muhammadan 'abduhu wa Rasooluhu. Radheetu billaahi Rabban, wa bi Muhammadin Rasoolan wa bil islaami deenan.

(Main gawahi deta hoon ki Allah ke ilawah koyi sachcha mabood nahin woh akela hai uska koyi shareek nahin aur bil yaqeen Muhammad (ﷺ) uske bande aur uske Rasool hain)main Allah ke rab hone,

Muhammad (ﷺ)ke Rasool hone aur islam ke deen hone par raazi hua.(Muslim:386, Abu Dawood:525)

Faaidah: Iss sunnat ke ada karne ka faaidah yeh hai ke us ke gunaah ma'af kardiye jaata hai.

3.Darood Shareef padhna:

Aazaan ka jawab dene ke ba'd darood shareef padhna. behter yeh hai ki darood-e- Ibraahim padha jaaye us se afzal aur mukammal Darood Shareef koi nahin.

Allah ke Rasool ﷺ ka Farmaan hai:

Jab tum muazzin ki aazaan suno, to waise hi tum bhi kaho jaise woh kahta hai. phir mujh par darood bhejo! jo shakhs mujh par darood bheje ga Allah us pur dus martabah rahmaten naazil farmaayega.

Faaidah:- iss sunnat ko poora karne ka faaidah yeh hai ki Allah ta'ala das martabah darood bhejta hai.yahan is"salaat" darood ka matlab yeh hai Allah us bande ki ta'reef farishton men karta hai. Daroode Ibraahimi Yeh Hai:

اَللّٰھُمَّ صَلِّ عَلٰی مُحَمَّدٍ وَّ عَلٰی آلِ مُحَمَّدٍ، کَمَا صَلَّیْتَ عَلٰی اِبْرَاھِیْمَ
وَعَلٰی آلِ اِبْرَاھِیْمَ اِنَّکَ حَمِیْدٌ مَّجِیْدٌ. اَللّٰھُمَّ بَارِکْ عَلٰی مُحَمَّدٍ وَّ
عَلٰی آلِ مُحَمَّدٍ کَمَا بَارَکْتَ عَلٰی اِبْرَاھِیْمَ وَعَلٰی آلِ اِبْرَاھِیْمَ اِنَّکَ
حَمِیْدٌ مَّجِیْدٌ

Allaahumma salli 'alaa Muhammadin wa 'alaa 'aali Muhammadin kamaa sallayta 'alaa Ibraaheema wa 'alaa 'aali Ibraaheema innaka Hameedum Majeed. Allaahumma baarik 'alaa

Muhammadin wa 'alaa 'aali Muhammadin kamaa baarakta 'alaa Ibraaheema, wa 'alaa 'aali Ibraaheema innaka Hameedum Majeed.

Aye Allah! Muhammad ﷺ aur Muhammad ﷺ ki aal par rahmaten naazil farma jis tarah toone Ibraheem عليه السلام aur Ibraheem عليه السلام ki aal par rahmaten nazil keen, Yaqeenan tu buzrugi waala qabil-e-ta'reef hai. aye Allah!Muhammad ﷺ aur Muhammad ﷺ ki aal par barkaten nazil farma jis tarh tune Ibraheem عليه السلام aur Ibraheem عليه السلام ki aal par barkaten nazil keen, Yaqinan tu buzrugi wala qabile ta'reef hai. ***(Bukhari:3370)***

Nabi kareem ﷺ par darood bhejne ke b'ad yah du'a padhe:

۴۔اَللّٰهُمَّ رَبَّ هٰذِهِ الدَّعْوَةِ التَّامَّةِ وَالصَّلَاةِ الْقَائِمَةِ آتِ مُحَمَّدَنِ الْوَسِيلَةَ وَالْفَضِيلَةَ وَابْعَثْهُ مَقَامًا مَّحْمُودَ نِ الَّذِی وَعَدْتَهُ

Allaahumma Rabba haazihid-da'watit-taammati wasslaatil qaa'imati, aati Muhammadanil waseelata walfadheelata, wab'ath-hu maqaamam- mahmoodanil-lazee wa 'aztahu.

Aye Allah!is kamil dawat aur qayim namaz ke rab!Muhammad (ﷺ)ko waseela aur fazeelat ata farma, aur unhen muqaam-e-Mahmood par pahuncha jis ka tune wada kiya hai

Faaidah: Jis ne yeh kalimaat kahe, us ke haq men Nabi Akram ﷺ ki shifaa'at laazim hogayi.*(Bukhari:614)*

5)Us ke ba'd apne liye du'a kare, Allah ke fazl ka sawaal kare, to uski du'a qubool hogi.

Allah ke Rasoolﷺ ka farmaan hai:

Jis tarah muazzin hazraat kahte hain tum bhi kaho. Jab jawaab dena khatam karlo, to phir jo bhi sawaal karoge diye jaaoge.(jo bhi du'a karoge qubool hogi)

(Adu Dawood:524)

Haafiz Ibne Hajar ne is rawayat ko hasan kaha aur Ibne Hibbaan رحمۃ اللہ علیہ ne sahih kaha hai)

Majmoo'yi taur par jab un sunnaton ko milaya jaye to azaan sunne ke ba'd (25) sunnaten banti hain.

Iqaamat Ki Sunnatein

Aazaan waali chaaron sunnaton par amal karna hai. aisa hi "Islaami Commety Daarul Ifta sa'oodi" ka fatwa hai.Is tarah har namaaz ki Iqaamat ke waqt amal karne par majmoo'yi taur par (20) sunnaton par amal hoga.

Faaidah: Iqaamat sunne waale ke liye sunnat yeh hai ki jaisa iqaamat kahne waala kah raha hai waise hi woh bhi kahe. ***maasiwa***

Hayya 'alas-Salaah حی علی الصلوٰۃ

Aao Namaz ki taraf

Hayya 'alal Falaah حی علی الفلاح

لاحول ولاقوۃ aao kamyaabi ki taraf ke jawab mein

La hawla wa laa quwwata illa billah. الاباللہ

Aur jab ***"Qadqaamatissalaah"*** kaha jaye to us ke jawaab men bhi waisa hi kahe. na ke ***"Aqaamahallahu wa adaamaha"*** yeh kahna durust nahin, ***"Aqaamahallahu wa adaamaha"*** waali hadees za'eef hai.

Namaaz Mein Sutrah

Abu Dawood mein Allah ke Rasool ﷺ ki hadees hai.

Jab bhi koyi namaaz padhe to woh sutrah ki taraf aur uske qareeb ho kar namaaz padhe. aur kisi ko sutre aur apne darmiyaan se guzarne na de.***(Abu Dawood:695)*** yeh hadees daleel hai ki har namaaz ke waqt sutrah karna sunnat hai.

Chaahe woh masjid mein ho ya ghar mein. is mein mard aur a'urat sab barabar hain. ba'z namaazi jo baghair sutrah ke namaaz ada kar lete hain woh is sunnat se mahroom rah jaate hain.

Yeh sunnat bhi din raat mein kayi martabah namaaz-e-zuha, tahyyatul Masjid, sunnate muakkidah, aur namaaz-e-vitr wagairah ada karte waqt ki ja sakti hai. aur a'urat bhi jab ghar men akeli farz namaaz ada kar rahi ho.

Lekin jab jama'at ho rahi ho to phir imaam sahab muqtadiyon ka sutrah hota hai.

Sutrah Ke Doosre Masaayel

1)Har namaazi jab namaaz ke liye khada hota hai.to apne saamne koyi makhsoos cheez nahin balki "***Qibla Rukh***" apne saamne chhadi, sutoon ya deewaar waghairah karke use sutrah tasleem kar sakta hai.

2)Sutrah waali cheez ki uonchaayi sawaari ke kajaave ke baraabar ya'ni kum az kum ek baalisht honi caahiye.

3)Sutre aur qadmon ke darmiyaan itna faasla ho ki

sajdah kiya ja sake ya'ni taqreeban teen, chaar haath.

4)Sutrah; farz namaazen hon ya nafil imaam ho ya munfarid. donon ke liye masnoon hai.

5)Imaam ka sutrah muqtadi ka sutrah hai. bawaqte zaroorat agar jama'at hote waqt muqtadi ke saamne se guzarna pade to koyi harj nahin.

Faaidah:- Is sutrah karne waali sunnat par amal karne ka faaidah yeh hai ki:

a)Namaaz todne waali cheezon ***(jaisa ki a'urat, gadhaa, aur kaala kutta)*** ya namaaz ko naaqis kar dene waali ashyaa jo sutrah ke andar se guzar ne waali hai un se namaaz ko tootne aur is men khalal padne se bachaya jasakta hai.

b)Namaazi apni nazar ko idher udher karne se bacha sakta hai.agar woh apni nazar sutrah ke andar rakhkhe to namaaz mein dhiyaan bhi rahega aur us ke m'aani aur mafhoom waghairah par bhi ghaur kar sakega.

c)Is sutrah kar lene se jo guzarne waala hai us ko koyi rukaawat na hogi, woh sutrah ki ahmiyat jaante huye baaher se guzar jayega aur use rukna na padega. na hi namaazi ko namaaz kharaab karne waale ko rokne ki zaroorat padegi aur na hi koyi cheez namaaz men kisi tashweesh ka baayis bane gi.

Din Raat Ke Nawafil

1.Sunnate Muakkidah:

"Jo musalmaan Allah ke liye, farz namaazon ke elawah rozanah baarah (12) raka'aten nafil namaaz ada karta hai,Allah us ke liye jannat men ghar bana dete hain". ***(Muslim: 1693)***

Aur Woh Baarah Raka'aten Yeh Hain:

Namaaz	*Pahle*	*B'ad mein*
Namaaz-e-Zuhar	4	2
Namaaz-e- Maghrib	——	2
Namaaz-e- Isha	——	2
Namaaz-e- Fajr	2	——

Piyaare bhayi: agar aap jannat mein ghar chaahte hain?

To Nabi ﷺ ki is naseehat par hameshgi karlo aur farzon ke elaawah mazkoorah baala (12) rak'at ada karte raho, Inshaa Allah jannat mein ghar tayyaar hoga.

2.Namaaze zuhaa:

Yeh ek namaaz 360 (teen so saatth) sadqaat ke barabar hai. is liye ki ek insaan ke jism mein 360 jod hain aur haddi apne jod se ne'mat ka shukraana adaa karne ke liye sadqah ki taalib hoti hai. aur yeh zuhaa ki do rak'at ada kar dena saare jism ke jodon ke sadqah ke barabar hai.

Faaidah:In do raka'at ka faaidah Sayyadna Abu Zar ﷺ Allah Ke Rasool ﷺ se bayaan karte hain ki unhon ne farmaya:

Tumhaare har ek ke liye laazim hai ki jism ke har jod ke badle sadqah kare. har tasbeeh sadqah hai, neki ka hukm sadqah hai, buraayi se mana' karna sadqah hai, to do rak'at namaaz-e-zuha ada kar dena in sab se kifaayat kar jaaye ga. **(Muslim:1704)**

Abu Hurairah ؓ farmaate hain:

Mere mahboob ne mujhe wasiyyat farmaayi:

- .*Har maah teen roze rakhne ki,*
- .*Do raka'at zuha ada karne ki aur*
- .*Sone se pahle witr padh lene ki.* **(Muslim: 1705)**

Zuhaa Ki Namaaz Ka Waqt:

Sooraj tuloo' hone ke15 minute ba'd se Namaaz-e-Zuhar se 15 minute pahle tak. us ke ada karne ka afzal waqt wah hai jab sooraj ki garmi shiddat ikhtiyaar karle.

Is ki ta'daad: kam az kam 2 raka'at aur ziyadah se ziyadah 8 rak'at aur agar is se ziyadah bhi hoto mana' nahin.

2.Asr Ki Sunnat:

Pyaare Rasool ﷺ ka farmaan hai:

Allah ta'la us par raham farmaaye jisne asr se pahle 4 raka'at ada keen. *(Abu Dawood:1271, Tirmezi: 430)*

3. Maghrib Ki Sunnat:

Pyaare Rasool ﷺ ka farmaan hai:

ke maghrib se pahle namaaz padhliya karo! doosri martabah bhi yahi farmaya, phir teesri martabah farmaya: jis ka dil chaahe (padh le, na chaahe na na padhe) ***(Bukhari:1183)***

4.Isha Ki Sunnat:

Piyaare Rasool ﷺ ne farmaan hai:

Har do azaanon (ya'ni azzaan aur iqaamat) ke darmiyaan namaaz hai. har do azaanon ke darmiyaan namaaz hai. har do azaanon ke darmiyaan namaaz hai. Teesri martabah farmaya: jis ka jee chaahe (Azaan aur iqaamat ke darmiyaan 2 raka't padh le aur na chaahe na padhe **(Bukhari: 624)**

Qiyaamullail Ki Sunnatein

Allah ke Piyaare Rasoolﷺ ka farmaan hai:

Ramzaan ke ba'd sab se afzal roze Allah ke maheene Muharramul Haraam ke hain, aur farz namaazon ke ba'd sab se afzal namaaz raat ki namaaz (qiyaamullail) hai. ***(Muslim: 2812)***

1)Raat ki Namaaz ki afzal raka'aten giyarah (11) hain: aur terah (13) bhi,Lambi Qiyaam (qunoot) ke saath saabit hain. ***(Muslim:2812)***

Hadees Men Hai:

Allah ke Rasoolﷺ 11 raka'at padha karte. aur yahi unki Raat ki namaaz huwa karti thi.***(Bukhaari: 994)***

aur doosri rawayat mein hai ke Allah ke Rasoolﷺ raat ko terah (13) raka'at padha karte. (jis men do raka'at fajr ki hotin. ***(Bukhari: 1140)***

2)Jab qiyaamullail ke liye bedaar hoto Miswaak kare:

Aur surah aale Imraan ki aakhri aayaat ki tilawat in aayaat se shuru' kare:

﴿إِنَّ فِي خَلْقِ السَّمٰوٰتِ وَالْأَرْضِ وَاخْتِلَافِ اللَّيْلِ وَالنَّهَارِ لَآيَاتٍ لِّأُولِي الْأَلْبَابِ:سوره آل عمران: ١٩٠، الآية﴾

'Inna fee khalqis-samaawaati wal'ardi wakhtilaaifl-layli wannahaari la-' Aayaatil-li'ulil-albaab.

(Surah aale Imraan:190 numbar aayat se surat ke aakhir tak)

3)Aur uske liye sunnat hai ki jo du'aa Allah ke Rasoolﷺ padha karte the wahi padha kare.

اَللّٰھُمَّ لَکَ الْحَمْدُ اَنْتَ نُوْرُالسَّمٰوٰتِ وَالْاَرْضِ مَنْ فِیْھِنَّ ولَکَ الْحَمْدُ اَنْتَ قَیِّمُ السَّموَاتِ وَالْاَرْضِ ومَنْ فِیْھِنَّ وَلَکَ الْحَمْدُ،اَنْتَ رَبُّ السَّموَاتِ والْاَرْضِ وَمَنْ فِیْھِنَّ ولَکَ الْحَمْدُ، مُلْکُ السَّموَاتِ وَالْاَرْضِ ومَنْ فِیْھِنَّ وَلَکَ الْحَمْدُ، اَنْتَ مَلِکُ السموَاتِ والْاَرْضِ وَلَکَ الْحَمْدُ. انتَ الْحَقُّ ووعْدُکَ الْحَقُّ وَقَوْلُکَ الْحَقُّ ولِقاءُکَ الْحَقُّ والْجَنَّةُ حَقٌّ وَالنَّارُحَقٌّ، والنَّبِیُّوْنَ حَقٌّ، وَمُحَمَّدٌ حَقٌّ والسَّاعَةُ حَقٌّ،اللّٰھُمَّ لکَ اَسْلَمْتُ وعلَیْکَ توکَّلْتُ وبِکَ آمَنْتُ والَیْکَ اَنَبْتُ،وبِکَ خاصَمْتُ وَالَیْکَ حاکَمْتُ فاغْفِرْلِیْ ماقدّمْتُ ومَااَخَّرْتُ وَمَااَسْرَرْتُ ومَااَعْلَنْتُ اَنْتَ الْمُقدّمُ واَنْتَ الْمُؤَخِّرُ لااِلٰہَ اِلّااَنْتَ اِلٰھِیْ لَااِلٰہَ اِلَّااَنْتَ

Allaahumma lakal-hamdu Anta noorus samaawaati wal ardhi wa man feehinna wa lakal hamdu Anta qayyimus-samaawaati wal ardhi wa man feehinna (wa lakal-hamdu Anta Rabbus samaawaati wal ardhi wa man feehinna (wa lakal-hamdu mulkus-Samaawaati walardhi wa man feehinnaa, (wa lakal-hamdu Anta Malikus-Samaawaati wal ardhi) (Wa lakal Hamdu) (Antal haqq, wa wa'adukal-haqq, wa

qawlukal haqq wa liqaa ukal-haqq waljannatu haqq wannaaru haqq, wannabiyyoona haqq, wa Muhammadun (Sallallahu alayhi wa sallam) haqq, wassa'atu haqq) (Allaahumma laka aslamtu, wa 'alayka tawakkaltu, wa bika aamantu, wa ilayka anabtu,wa bika khaasamtu wa ilayka haakamtu, Faghfir lee maa qaddamtu, wa maa akhkhartu, wa maa asrartu, wa maa 'alntu) (Antal-Muqaddimu, wa Antal-Mu'akhkhiru laa ilaaha illaa Anta) ilaahee laa ilaaha illaa , Atna. (Bukhari:7385, 6317)

Aye mere Allah tamaam ta'reefen tere liye hain. tu aasmaan wa zameen aur un ki tamaam makhlooq ko sanbhaal ne waala hai, aur sab ta'reefen Allaj ke liye hain. tu aasmaan wa zameen aur un men rahne waalon ka noor hai.

Aur sab ta'reef tere hi liye hai, tu aasmaan wa zameen ka malik hai, tamaam ta'reef tere liye hai aur tu huq hai. tera wa'dah huq hai, teri mulaqaat huq hai, teri baat huq hai, jannat huq hai, jahannam huq hai, anbiyaa huq hain, aur Muhammad ﷺ haq hain aur qiyaamat huq hai.

Aye Allah! main tera farmaan bardaar hoon aur tujh hi par eemaan rakhta hoon, tujh par hi mera bharosa hai, aur teri hi taraf rujuo' karta hoon, aur tere liye hi jhagda karta hoon aur tujhe hi faislah karne waala banata hoon,

Meri jo khataayen ho chuki hain aur jo hone waali hain, jo zaahiri huyi hain aur jo posheedah huyi hain woh sab m'aaf farma. tuhi aage badhaane waala hai

aur tu hi peeche rakhne waala hai. Aye Allah! tere elaawah koyi ma'bood nahin.

4)Aur yeh bhi sunnat hai ke qiyaamullail ki ibteda halki si do rika'aton se kare. taaki woh us ke ba'd namaaz ke liye poori tarah chusti se musta'id hojaaye.

Allah ke Rasool ﷺ ka farmaan hai:

Jo shakhs raat ki namaaz ke liye uthhe to use chaayiye ki halki si do raka'at se namaaz ki ebtida kare. ***(Muslim:1843)***

5)Aur yeh bhi sunnat hai kei Nabi Akram ﷺ ki is du'aa se raat ka qiyaam shuru' kare.

اللّٰهُمَّ رَبَّ جِبْرائيل وميكائيل واسرافيل فاطر السَّمٰوات والْارْض عالِمِ الْغيب والشّهادة انت تحْكُمُ بين عبادك فيما كانُوا فِيْهِ يختلفُوْن اهْدِنِيْ لما اخْتُلف فيه من الْحقّ باذْنك انك تهْدِيْ منْ تشاءُ الى صراط مُّسْتقيم

Allaahumma Rabba Jibraa'eela, wa Mikaa'eela, wa Israafeela faatiras- samawaati wal'ardhi 'Aalimal-Ghaybi washshahaadati, Anta tahkumu bayna ibaadika feemaa kaanoo feehi yakhtalifoon. Ihdinee limakh-tulifa feehi minal-haqqi bi iznika innaka tahdee man tashaa'u ilaa siraatim-mustaqeem.

Aye Allah! Jibraeel, Mikaeel aur Israfeel ke rab, aasmanon aur zameenon ko paida karne waale, ghaayib aur haazir ko jaan ne waale, apne bandon ke darmiyaan tu hi faisla karne waala hai jis muaamla men (bhi)woh ikhtelaaf karte hain. Haq ki jin baaton men ikhtelaaf hogaya hai tu apni marzi ke saath

mujhe haq (sachchayi) ki hidayat de, Be shak tu hi jise chaahta hai seedhi raah ki hidaayat dene waala hai.

6)Aur yeh bhi sunnat hai ke raat ki namaaz ko lamba padha jaye.

Jaisa ke Allah ke Rasoolﷺ se puchha gaya ke kaunsi namaaz afzal hai? to farmaya" lambe qiyaam waali namaaz.***(Muslim:1805)***

Yahan qunoot se muraad lamba qiyaam hai.

7)Aur yeh bhi sunnat hai ke azaab waali aayat par Allah ke 'azaab se is tarah panaah maangi jaaye***(Aoozubillahi Min 'Azaabillaahi)***aur rahmat ki aayat par is tarah rahmat talab ki jaaye.

(***Allaahumma innee Asaluka min fadhlika)***

Aye Allah main tujh se tare fazl ka swaal karta ahon.

Hadees mein hai: Ke Allah ke Rasoolﷺ ruk ruk kar aaraam se tilawat farmaya karte. jab kisi tasbeeh waali aayat se guzarte to Allah ki tasbeeh kiya karte, aur jab sawaal waali aayat se guzarte to sawaal karte aur jab panah waali aayat se guzarte to Allah ki panah talab karte.

Qiyaamullail ki madad gaar baaten

- *.Du'aa karna.*
- *.Raat ko fuzool jaagte rahne se ejtenaab karna.*
- *.Qailoola karna (Dophar ko sona)*
- *.Gunaahon se door rahna.*
- *.Ibaadat mein dil lagana.*

Witr Aur Uski Sunnatein

1)Jo teen raka'at witr padhta hai us ke liye sunnat hai: Ke Suratul Faatiha ke ba'd pahli rak'at mein ***(Sabbihismi Rabbikal 'alaa)*** aur doosri mein.***(Qul yaa ayyuhal kaafiroon)*** aur teesri mein ***(Qul Hu Wallaahu Ahad)*** padhe. ***(Ibne Maja: 1171)***

2)Witr ke salaam ke ba'd 3 martabah kahe: ***(Subhaanal Malikil Quddoos)*** aur Daaru Qutni **(Hadees ki kitaab ka naam hai)** mein thodi si wazahat yeh hai ki Nabi Akram ﷺ Teesri martabah yeh kalimaat buland aawaaz se kahte aur lambi karte aur kahte

"Rabbul Malaaikati War-Rooh"

"Paak hai baadshah bahut paakeezgi waala farishton aur rooh ka rab"

(Allaamah Arnawoot ne sahih kaha hai jaisa ki Abu Dawood mein hai).

Fajr Ki Sunnatein

Fajr ki Sunnaton keliye yah khaas hai ke:

✢.Halki si adaa ki jaaye

Ummul M'omineen Hazrar 'Aaisha رضی اللہ عنہا farmaati hain ke Rasoolullah ﷺ subh ki namaaz ki azaan aur iqaamat ke darmiyan halki si do rakaten ada kiya karte. ***(Sahih Muslim:626)***

✢.In mein kiya padha jaaye? Allah ke Rasool ﷺ pahli rakat mein (قُولُوا آمَنَّا بِاللَّهِ وَمَا أُنزِلَ إِلَيْنَا) *Qooloo* ***Amanna billaahi wamaa unzila ilaynaa****(Surah Baqrah:136)* aur doosri mein (آمَنَّا بِاللَّهِ وَاشْهَدْ بِأَنَّا مُسْلِمُونَ) *Aamanna Billaahi wa*

Ashhadu bi Anna Muslimoon. (Surah Al-e-Imran:52) aur ek rivaayat mein hai ke doosri mein (قُلْ يَا أَهْلَ الْكِتَابِ تَعَالَوْا إِلَى كَلِمَةٍ سَوَاءٍ بَيْنَنَا وَبَيْنَكُمْ) (Surah Al-e-Imran, 64) padha karte. (Muslim:64)

Aur ek doosri Rivaayat mein hai قل يا ايها الكافرون aur doosri mein قل هوالله احد.

✦.Thodi der ke liye letna.

Allah ke Rasoolﷺ fafr ki do rakat ada karne ke ba'd daayen karwat leta karte. ***(Bukhari:994)***

Jab aap ghar mein do rakaat ada karte hain to koshish karen ki in do rakaaton ke ba'd zaroor leta karen khaah cahnd minat hi kiun na ho taaki sunnat par a'mal kar liya jaaye.

Fajr ki Namaaz ke Ba'd Baithhna

Hadees mein hai:'' jab Allah ke pyaare Rasool ﷺ fajr ki namaaz ada kar lete to apne jaaye namaaz par hi achchi tarah sooraj tulu' hone tak baithhe rahte''.

(Muslim)

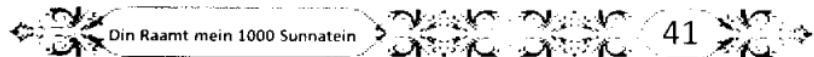
Kitni badi ne'mat aur kitni khush qismati hai. un namaaziyon ke liye jo masjid mein namaaz se pahle ya ba'd mein baithhe du'aa aur taubah wa istaghfaar mein mashghool rahte hain. unke liye Allah ta'la ne apne farshte muqarrar kar rakhkhe hain aur jo kahte hain:

(اَللّٰهُمَّ اغْفِرْلَهٗ ، اَللّٰهُمَّ ارْحَمْهُ)

(Allaahumma-Ghfirlahu,Allaahumma- Rhamhu)

(Muslim:1540)

Aye Allah! is shakhs ko bakhsh de. aye Allah! is shakhs par raham farma.

Aye Musalmaan bhayi! zara socho! teri Allah

rabbul izzat ke yahaan kitni qadr hai. aur kitni izzat hai kyun ke tune uski ita'at ki hai aur usne tere liye farishte muqarrar kar diye hain jo tere liye du'aa kar te hain.

Namaaz Ki Qauli Sunnatein

Namaaz shuru' karne ki du'a

Jo takbeer-e-Tahreemah ke ba'd padhi jaati hai.

سُبْحَانَکَ اللّٰھُمَّ وَ بِحَمْدِکَ وَ تَبَارَکَ اسْمُکَ وَ تَعَالیٰ جَدُّکَ وَ لَا اِلٰہَ غَیْرُکَ

Subhaanaka Allaahumma wa bihamdika, wa tabaarakasmuka, wa ta'aalaa jadduka wa laa ilaaha ghayruka.

Aye Allah! tu apni tareefaat ke saath paak hai, tera naam ba barkat hai,teri shaan buland hai aur tere ilaawah koyi sachcha mabood nahin.

(Ibne Maja:804, Nasai: 899)

Ek aur du'a hai:

ا۔اَللّٰھُمَّ بَاعِدْ بَیْنِیْ وَ بَیْنَ خَطَایَایَ کَمَا بَاعَدتَّ بَیْنَ الْمَشْرِقِ وَ الْمَغْرِبِ اَللّٰھُمَّ نَقِّنِیْ مِنْ خَطَایَایَ کَمَا یُنَقَّی الثَّوْبُ الْاَبْیَضُ مِنَ الدَّنَسِ اَللّٰھُمَّ اغْسِلْنِیْ مِنْ خَطَایَایَ بِالثَّلْجِ وَالْمَآءِ وَ الْبَرَدِ

Allaahumma baa'id baynee wa bayna khatayaaya kamaa baa'adta baynal-mashriqi walmaghribi, Allaahumma naqqinee min khataayaaya kamaa yunaqqath thawbul

abyadhu minad-danasi, Allahum-maghsilnee min khataayaaya, Bith-thalji walmaa'i walbard.

*Aye Allah !mere aur mere khtaaon ke darmiyaan is tarah doori farma jis tarah tune mashriq aur magrib ke darmiyaan doori daali hai, Aye Allah mujhe meri khtaaon se is tarah saaf karde jis tarah safed kapda mail kuchail se saaf kiya jata hai, Aye Allah mujhe meri khtaaon se barf ,paani aur oulon ke saath dho de.**(Bukhari:744,Muslim:1382)***

Koyi ek du'aa-e-Istaftaah takbeer-e-Tahreema ke ba'd padh li jaaye:

2.Qeraa't se Qabl ta'wuz padhna:

"Aoozubillahi Minashshaytaanir Rajeem"

Main Shayataan mardood se Allah ki panaah maangta hoon.

3.Bismillaah padhna: ya'ni

"Bismillaahir Rahmaanir Raheem.

Allah ke naam se shuru karta hoon jo bada mehar baan hai aur nihaayat raham wala hi.

4.Aameen kahna:

Suratul Faatiha ke ba'd (aameen) kahan.

5.Kisi Surat Ka Padhna.

Suratul Faatiha ke ba'd pahli do rak'aton mein kisi soorat ki qera'at karna: Fajr, Juma, Maghrib, chaar raka't waali namaaz ya nafil namaazon men, yeh sab akele namaaz ada karne waale ke liye hai.

(Muqtadi sirri namaazon mein padhega lekin jahri men nahin).

6.Ruku' Se Uthhne Ke Ba'd Kahe.

aur phir kahe.ربنا ولك الحمد

مِلْءِ السَّمٰوٰاتِ وَمِلْءِ الْاَرْضِ وَمَابَيْنَهُمَا وَمِلْءِ مَاشِئْتَ مِنْ شَيْءٍ بَعْدُ اَهْلَ الثَّنَاءِ وَالْمَجْدِ اَحَقُّ مَاقَالَ الْعَبْدُ وَكُلُّنَا لَكَ عَبْدٌ اَللّٰهُمَّ لَا مَانِعَ لِمَا اَعْطَيْتَ وَلَا مُعْطِيَ لِمَا مَنَعْتَ وَلَا يَنْفَعُ ذَالْجَدِّ مِنْكَ الْجَدُّ

Mil'as-samaawaati wa mil'al-ardhi wa maa baynahumaa, wa mil'a maa shi'ta min shay in ba'du 'Ahlath-thanaa'i walmajdi, ahaqqu maa qaalal-abdu, wa khllunaa laka abdun. Allaahumma laa maani'a limaa 'a'tayata, wa laa mu tiya limaa mana'ta, wa laa yanfa'u zal-jaddi minkal jadd.

Aye Allah! hamaare parwardigaar tamaam ta'reef tere hi liye hai, itni ke aasmaan bhar jaayen aur zameen bhar jaaye, aur in donon ke darmiyaani hiassa bhar jaaye aur us ke pasand jo cheez tu chaahe bhar jaaye. Aye t'areef aur buzrugi ke laayeq. sab se sachchi baat jo bande ne ki hahi hai, aur ham sab tere bande hain. Aye Allah! jo tu de use koyi rokne waala nahin aur jo tu rok le use koyi dene waala nahin. kisi buzurgi tere haan koyi faaidah nahin pahunchaa sakti. ***(Muslim:1099)***

7)Ruku' aur Sujood mein ek se ziyaadah martabah tasbeehaat padhna.

Namaazi ke liye mustahab hai ke woh sirf tasbeehaat par hi iktifa na kare bal ke mazeed jo chaahe du'aayen karsakta hai jaisa kih hadees se waazeh hai.

Ke bandah apne rab ke ziyaadah qareeb us waqt hota hai jab woh sajdah ki haalat mein ho.lihaaza: sajdah men bahut du'aa kiya karo!. ***(Muslim:1111)***

☆Mazeed du'aayen kitaab(Hisnul Muslim) lilqahtaani men mil sakti hain.

8.ek se ziyadah martabah. do sajdon ke darmiyaan "***Rabbighfirlee***" padhna

Aakhri tashahhudd ke ba'd ki du'a: darood shareef ke ba'd

اَللّٰهُمَّ اِنّىٓ اَعُوْذُبِكَ مِنْ عَذَابِ جَهَنَّمَ وَمِنْ عَذَابِ الْقَبْرِ وَ مِنْ فِتْنَةِ الْمَحْيَا وَ الْمَمَاتِ،وَمِنْ فِتْنَةِ الْمَسِيْحِ الدَّجَّالِ

Allaahumma innee 'a'oozu bika min azaabi jahannama wa min azaabil qabri wa min fitnatil mahyaa walmamaati wa min fitnatil-maseehiddajjaali. *(Muslim:1352)*

Aey Allah! main tari panaah maangta hoon jahnnam ke a'zaab se, qabr ke a'zaab se, zindagi aur maut ke fitna se aur maseehidda- jjaal ke fitna se.

Yeh sab qauli sunnaten har raka'at mein ada ki jaayen gi.

magar du'aaye isteftaah aur tashahhud ke ba'd waali du'aayen.(apni apni jagah par ada ke jaayengi).

Yeh sab qauli sunnaten jo farz namaazon ki satrah (17) raka'ton men ada ke jaati hain un ki ta'daad (136) hain.ya'ni ki har raka't mein taqreeban (8) sunnaten huyin. aur din raat mein jo majmoo'yi nafil namaaz ada ki jaati hai uski (25) rakaa't huyin aur uski bhi sunnaten (125) ban jaati hain.

Aur kabhi is se bhi ziyadah raka'ten un logon ki ho

jaati hain jo qiyaamullail ya namaaze zuha waghairah ada karen.

Lekin woh qauli sunnaten jo namaaz mein ek hi martabah ada ki jaati hain woh hain.

1.Du'aaye Istaftaah.

2.Tashahhud ke ba'd ki du'a.

Un sunnaton ki jo farz namaazon mein hain un ki ta'daad (10) hai. din raat mein jo nawaafil ada kiye jaate hain unki yeh sunnaten majmoo'yi taur par (24) banti hain aur jo mazeed nafil namaazen ada karen. unki yeh sunnaten ziyadah hojaayen gi. jise qiyaamullail, namaaz-e-ishraaq, namaaz-e- Zuha, Tahyyatul Masjid wagairah.

Namaaz Ki Fe'li Sunnatein

1.Takbeere tahreemah ke saath rafa'ul yadain.

2.Ruku' karne ke waqt rafa'ul yadain.

3.Ruku' se uthhte waqt rafau'l yadain. (Bukhari:736)

4.Do tashahhud waali namaaz ki teesri rak'at men khade hokar rafa'ul yadain.

5.Rafa'ul yadain karte waqt haathon ki ungliyon ka band na rakhna.

6.hatheliyon ko qiblah rukh karte huye ungliyon ka khol kar rafa'ul yadain karna.

7.Rafa'ul yadain ke waqt haathon ka kandho ke barabar kaanon ki lau tak uthhana. (kaanon ka woh hissah jo kandhe ke qareeb hai)

8.Daayen haath ko baayen haath par rakhna. ya daayen haath se baayen haath ki kalayi ko pakadna.

9.Nazar ka sajdah ki jagah par rakhna.

10.Qiyaam ki haalat men qadmon ka thoda sa khol kar rakhna.

11.Quraan ko tarteel se padhna aur qiraa't men ghauro fikr karna.

Ruku' Ki Sunnatein

1.Donon ghutnon ko haathon se is kaifiyat se pakadna ke haathon ki ungliyaan khuli rahen.

2.Ruku' ki haalat men apni kamar ko bilkul barabar rakhna.

3.Namaazi ka apne sar ko kamar ke barabar rakhna, na neecha ho na ooncha.

4.Donon baazuon ko apni atraaf se door rakhna.

Sajdon Ki Sunnatein

1.Apne atraaf se baazuon ko door rakhna.

2.Apne pet ko raanon se door rakhna.

3.Apne raanon ko pindliyon se door rakhna.

4.Sajdah ki haalat men apne ghutnon ko alaahidah alaahidah rakhna.

5.Apne qadmon ko khada rakhna.

6.Apni ungliyon ko zameen par rakhna.

7.Sajadah ke dauraan donon qadmon ko harkat men na lana.

8.Donon haathon ko kandhon ya kaanon ke barabar rakhna.

9.Donon haathon ko khol kar rakhna.

10.Ungliyon ko milakar rakhna.

11.Ungliyon ka qiblah rukh rakhna.

Donon Sajdon Ke Darmiyaan Ki Sunnatein

Donon sajdon ke darmiyaan baithhne ke do tareeqe hain:

1.*Iqaa' karna:* Ya'ni donon qadmon ko khada karke edhiyon par baithhna.

2.*iftiraash:* Ya'ni daayen paauon ko kadha rakhna aur baayen par baithhna. pahle tashahhud men baayen paauon ko bichhana aur us par baithhna. Allah ke Rasoolﷺ is jalsah ko ya'ni us baithhak ko itna lamba karte ke dekhne waala samajhta ke aapﷺ shaayad bhool gaye hain.

Jalsa-e-Isteraahat:

Ma'mooli sa baithhna. Is mein koyi du'a nahin padhi jaati. aur us ki jagah aur waqt konsa hai? is ka bhi ilm hona zaroori hai. us ka waqt pahli rak'at aur teesri rak'at ke donon sajdon ke ba'd doosri aur chauthi rak'at ke liye uthhne se pehle hai.

(Abu Dawood:842. Nasai:1153)

Aakhri Tashahhud Ki Sunnatein

Doosra Tashahhud is ki teen haalaten hain:

a.Daayen qadam ko khada rakh kar baayen qadam ko daayen ki pindli ke neeche se nikaal kar peethh par baithha jaaye. (Abu Dawood:963)

b.Pahle ki tarah baithha jaaye, lekin daayen qadam ko khada karne ki bajaaye daayen taraf bichha diya jaaye.

c.Daayen qadam ko khada rakkha jaaye aur baayen ko daayen pindli aur ghutne ke darmiyaan se

nikaala jaaye.

1.Donon haathon ko raanon par rakhna. (daayen haath ko daayen raan par aur baayen haath ko baayen raan par) haath ki ungliyaan na milin hon na ziyaadah khuli hon.

2.Attahiyyaat men angusht shahaadat se shuru' se aakhir tak ishaarah karna.(apne anguthhe ko angusht shahaadat ke neeche se nikaal kar darmiyaani ungli se milakar halqah banana) aur nazar ungli ke ishaare par rakhna.***(Muslim: 1338)***

3.Salaam pherte waqt daayen aur baayen dekhna. Is tarah har rak'at mein (25) sunnaten huyin.

Baar baar duhraane se majmoo'yi taur par ek farz namaaz mein (425) sunnaten ban jaati hain. aur phir ek rak'at ki jo (25) sunnaten hain agar inasaan din raat ki nafil namaaz ada kare to majmoo'yi taur par (625) sunnaten ban jaati hain. aur agar koyi insaan is se ziyadah nafil namaazen, qiyamullail, zuha ki namaaz waghairah ada karega to phir mazeed sunnaton men izafah ho jaayega.

Aur is ke elaawah kuchh mazeed aisi fe'li sunnaten hain jo namaaz mein sirf ek ya do martabah hi ada karna hoti hain.

1.***Takbeer-e- Tahreema ke saath rafa'ul yadain.***

2.**Do Tashahhud** waali namaaz mein teesri rak'at ki ibteda mein rafa'ul yadain karna.

3.**Attahiyyaat** mein angusht shahaadat se shuru' se aakhir tak esharah karna. khah pahla tashahhud ho ya aakhri.

4.**Salaam** pherte waqt daayen aur baayen dekhna.

5.**Jalsa-e- isteraahat:** do tashahhud waali namaaz mein do daf'a aur ek tahsahhud waali namaaz mein ek daf'a moqa' milta hai khah farz namaaz ho ya nafil.

6.**Tawarruk.**Daayen qadam ko khada rakh kar baayen qadam ko daayen pindli ke neeche se nikaal kar peethh par baithhne ko "tawarruk" kaha jaata hai. yeh do tashahhud waali namaaz ke aakhri tashahhud men karna hai. is sunnat ko namaaz mein sirf ek daf'a karna hota hai.

Lekin angusht shahadat se ishaarah tashahhud men do martabah karna hota hai, har farz namaaz mein siwaaye fajr ki namaaz ke. (is mein ek hi tashahhud hai)

Aur isi tarah jalsaye isteraha chaar rak'at waali namaaz mein do martabah karne kul majmoo'yi (34) sunnaten ban jaati hain.

Aye Mu'azzaz Deeni Bhaaiyon!

Koshish yeh karen ke apni namaaz mein qauli snnaten hon ya fe'li,

Un par amal karke apni namaazon ko muzayyan banaayen taake Allah ke haan taqarrub bhi haasil ho. aur ajre azeem ka sharf bhi mile.

☆*Imaam Ibne Qayyim* رحمۃ اللہ علیہ *farmaate hain:*

Bnade ko Allah ke saamne do tarah ki haazri ka saamna karna hai.

ek haazri woh hai jo insaan ki haalte namaaz men hoti hai.

Aur doosri haalat woh hogi jab Allah ke saamne haazri hogi.

Jo shakhs Allah ke saamne pahli haazri mein haq ke saath raha, uske liye doosri haazri aur doosra mawqif bhi aasaan rahega.

Aur jis ne pahle waquf ya'ni pahli haazri ko ahmiyat na di, us ke haq ko poora na kiya to doosri haazri aur dusri peshi bhi uske liye aasaan na hogi.

Farz Namaaz Ke Ba'd Ki Sunnatein

1)Teen martabah Istaghfaar karna aur yeh kahna

اَسْتَغْفِرُ اللّٰهَ،اَسْتَغْفِرُ اللّٰهَ،اَسْتَغْفِرُ اللّٰهَ، اَللّٰهُمَّ اَنْتَ السَّلامُ وَ مِنْکَ السَّلامُ تَبارَکْتَ یَا ذَاالْجَلالِ وَ الْاِکْرَام

***Astaghfirullaaha Astaghfirullaaha Astaghfirullaaha Allaahumma Antas- Salaamu wa minkas-Salaamu, tabaarakta yaa zal- Jalaali wal-Ikraam. (Muslim:**1363)*

Main Allah se bakhshish talab karta hoon, main Allah se bakhshish talab karta hoon, main Allah se bakhshish talab karta hoon, aye Allah !tu hi salaamti waala hai aur teri taraf se hi salaamti hai, tu baabarkat hai aye buzrugi aur izzat waale.

لَااِلٰهَ اِلَّا اللّٰهُ وَحْدَهٗ لَاشَرِیْکَ لَهٗ لَهُ الْمُلْکُ وَلَهُ الْحَمْدُ وَهُوَ عَلٰی کُلِّ شَیْءٍ قَدِیْرٌ اَللّٰهُمَّ لَا مَانِعَ لِمَا اَعْطَیْتَ وَلَا مُعْطِیَ لِمَا مَنَعْتَ وَلَایَنْفَعُ ذَاالْجَدِّ مِنْکَ الْجَدُّ

2)Laa ilaaha illallahu wahdahu laa shareeka

lahu, lahul-mulku wa lahul- Hamdu wa Huwa 'alaa kulli shay'in Qadeer, Allaahumma laa maani'a limaa 'a'tayta, wa laa mu'tiya limaa mana'ta wa laa yanfa'u zal-jaddi minkal jaddu. **(Bukhari:**844, **Muslim:**1366)

Allah ke elaawah koyi sachcha ma'bood nahin woh akela hai uska koyi shareek nahin, usi ke liye tamaam ta'reefaat hain aur woh har cheez par qadir hai, Aye Allah jo tu dena chaahe use koyi rokne waala nahin aur jo tu rokna chahe use koyi dene waala nahin, aur kisi shaan waale ko us ki shaan tujh se nafa' nahin pahuncha sakti .

لَاالٰـهَ اِلَّا اللّٰـهُ وَحْـدَهُ لَاشَـرِيْـكَ لَهُ لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلٰى كُلِّ شَيْءٍ قَدِيْرٌ لَاحَوْلَ وَلَا قُوَّةَ اِلَّا بِاللّٰهِ لَا اِلٰهَ اِلَّا اللّٰهُ وَلَا نَعْبُدُ اِلَّا اِيَّاهُ لَـهُ الـنِّـعْـمَةُ وَلَـهُ الْـفَـضْـلُ وَلَهُ الثَّنَاءُ الْحَسَنُ لَا اِلٰهَ اِلَّا اللّٰهُ مُخْلِصِيْنَ لَهُ الدِّيْنَ وَلَوْ كَرِهَ الْكَافِرُوْنَ

3) Laa ilaaha illallahu wahdahu laa shareeka lahu, lahul-mulku wa lahul- hamdu wa Huwa 'alaa kulli shay'in Qadeer, laa hawla wa laa quwwata illaa billaahi laa ilaaha illallaahu, wa laa na'budu illaa iyyaahu lahun-ni'matu wa lahul-fadhulu wa lahuth-thanaa ul-hasanu, laa ilaaha illaahu mukhliseena lahud- deena wa law karihal kaafiroon. **(Muslim:1371)**

Allah ke elaawah koyi sachcha ma'bood nahin woh akela hai us ka koyi shareek nahin, usi ke liye baadshaahat hai, aur uske liye tamaam ta'reefaat aur

woh har cheez par qaadir hai, Allah ki taufeeq wa madad ke baghair, gunaah se bachne ki taaqat aur neki karne ki quwwat nahin,hum usi ki ibaadat karte hain, usi ke liye fazl hai aur behtareen sana usi ke liye hai, Allah ke elaawah koyi sachcha ma'bood nahin, hum usi ke liye ibadat ko khaalis karne waale hain agar cheh kaafiron ko na pasand ho.

Subahaanallaah سُبْحَانَ اللّٰهِ

Allah paak hai .(33 martabah)

Alhamdulillaah اَلْحَمْدُ لِلّٰهِ

Tamaam ta'reefat Allah ke liye hai (33 martabah)

Allaahu Akbar اَللّٰهُ اَكْبَرُ

Allah sab se bada hai (33 martabah)
aur ek martabah

لَااِلٰـهَ اِلَّا الـلّٰـهُ وَحْـدَهٗ لَاشَرِيْكَ لَهٗ لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلٰى كُلِّ شَيْءٍ قَدِيْرٌ

Laa ilaaha illallaahu wahdahu laa shareeka lahu lahul-mulku wa lahul hamdu wa Huwa 'alaa kulli shay'in Qadeer.(Abu Dawood:1504)

Nahin hai koyi m'abood magar Allah jo ek hai uska koyi shareek nahin, usi ki baadshaahi hai,aur wahi taareef ke laayeq hai, aur woh har cheez par qudrat rakhta hai.

اَللّٰهُمَّ اَعِنِّيْ عَلٰى ذِكْرِكَ وَ شُكْرِكَ وَ حُسْنِ عِبَادَتِكَ

5) Allaahumma 'a'innee 'alaa zikrika wa shukrika wa husni 'ibaadatika.

Aye Allah! apni yaad, apne shukr aur apni achchhi ibaadat par meri madad farmaa.

(Abu Dawood:1522,Nasai:1303)

اَللّٰھُمَّ اِنِّی اَعُوْذُ بِکَ مِنَ الْجُبْنِ وَاَعُوْذُ بِکَ مِنْ اَنْ اُرَدَّ اِلٰی اَرْذَلِ الْعُمُرِ وَاَعُوْذُ بِکَ مِنْ فِتْنَةِ الدُّنْیَا وَاَعُوْذُ بِکَ مِنْ عَذَابِ الْقَبْرِ

6)Allaahumma innee 'a'oozu bika minal-jubni, wa 'a'oozu bika min 'an uradda ilaa arzalil umuri wa 'a'oozu bika min fitnatid-duniyaa wa 'a'oozu bika min azaabil- qabri. (Bukhari:2822)

Aye Allah! main buzdili se panaah maangta hoon aur main nikammi ma'zoori wali umr ke lautaaye jaane se panaah chaahta hoon. aur duniya ke fitna se panaah chaahta hoon. aur qabr ke a'zaab se panaah chaahta hoon.

7) Bara' ﷺ bayaan karte hain ke:

Jab hum Allah ke Rasool ﷺ ke saath namaaz ada kiya karte to hamaari khaahish yahi hoti ke hum un ke daayen taraf khade hon aur Aap hamari taraf chehra mubarak karen.

to(ek martabah)main ne unhein yeh padhte huye suna:

Rabbi Qinee a'zaabaka Yawma Tub'asu Ibaadaka.

Aye mere rab jab tu apne bandon ko uthhayega us roz mujhe apne aazab se bacha lena. ***(Muslim:1676)***

8.***Qul Huwallaahu 'Ahad.***

Qul 'a'oozu birabbil-falaq.

Qul 'a'oozu birabbin-naas.

ek martabah magar namaaze fajr aur namaaze maghrib ke ba'd teen martabah padhen.

(Abu Dawood:5082,Nasai:5428)

Ayatul Kursi Padhna:

اَللّٰهُ لَآ اِلٰهَ اِلَّا هُوَ اَلْحَيُّ الْقَيُّوْمُ لَا تَاْخُذُهٗ سِنَةٌ وَّلَا نَوْمٌ لَهٗ مَا فِي السَّمٰوٰتِ وَمَا فِي الْاَرْضِ مَنْ ذَا الَّذِيْ يَشْفَعُ عِنْدَهٗٓ اِلَّا بِاِذْنِهٖ يَعْلَمُ مَا بَيْنَ اَيْدِيْهِمْ وَمَا خَلْفَهُمْ وَلَا يُحِيْطُوْنَ بِشَيْءٍ مِّنْ عِلْمِهٖٓ اِلَّا بِمَا شَاءَ وَسِعَ كُرْسِيُّهُ السَّمٰوٰتِ وَالْاَرْضَ وَلَا يَئُوْدُهٗ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيْمُ

Allaahu laa ilaaha illaahu wal-Hayyul Qayyoom, laa ta'khuzuhu sinatun wa laa nawm, lahu maa fis-samaawaati wa maa fil-ardhi, man zal-lazee yashfa'u indahu illaa bi'iznih, ya'lamu maa bayna 'aydeehim wa maa khalfahum, wa laa yuheetoona bishay'im-min ilmihi illaa bimaa shaa'a wasia'a kursiyyuhus- samaawaati walardh, wa laa ya'ooduhu hifzuhumaa wa Huwal-'Aliyyul Azeem. ***(Sahih Jaam'e Sageer:6464)***

Allah woh zaat hai ji ske elaawah koyi sachcha ma'bood nahin hamesha zindah rahne waala aur (sab ko) qaayim rakhne waala hai,na use ongh aati hai na nind, usi ke liye hai jo aasmaanon mien hai aur jo zameen mein hai, kaon hai jo uski ijaazat ke baghair uske paas sifaarish kar sake, jo logon ke saamne hai aur jo unke peechhe hai sab ko jaanta hai, log uske ilm mein se kisi cheez ka ahaata nahin karsakte magar jo woh chaahe, usi ki kursi aasmaanon aur zameen ghere huye hai, aur un donon ki hifaazat use thakati nahin, aur woh buland hai azmat waala hai.

(har namaz ke ba'ad)

10.Das martabah maghrib ki namaaz ke ba'd aur das martaba subah ki namaz ke ba'd padhna hai.

لاالٰہ الّا اللّٰہ وحدہٗ لاشریک لہ لہ الملک ولہ الحمد یحي ویمیت وھو علی کلّ شیء قدیر

Laa ilaaha illallaahu wahdahu laa shareeka lahu lahul-mulku wa lahul hamdu yuhyee wa yumeetu wa Huwa 'alaa kulli shay'in Qadeer.(Trimezi:3553)

Allah ke elaawah koyi sachcha ma'bood nahin, woh akela hai uska koyi shareek nahin, usi ke liye baadshaahat hai aur usi ke liye tamaam ta'reefaat, woh zindah karta hai aur maarta hai, aur woh har cheez par qaadir hai.

11.Tasbeehaat ko haath se shumaar karna masnoon hai.

ek mukhtalif fih rivayat hai jis se daayen haath par shumaar karna bayaan kiya gaya hai jis ki mukhtalif rivayaat se tasdeeq milti hai.

12.In azkaar ko namaaz ki jagah par hi padhna behtar hai. jagah taabdeel na ki jaaye.

Agar har musalmaan is ko har farz namaaz ke ba'd ada karne ki koshish kare, to majmoo'yi taur par jo sunnaten shumaar ki gayi hain un ki ta'daad (55) hai. lekin fajr aur maghrib mein ziyadah ho jaati hain.

Faaidah: In sunnaton ko har namaaz ke ba'd padhne aur un par hameshgi ka yeh faayidah hai:

a)Din raat mein (500) sunnaton ke sawaab se nawaza jaata hai.

Allah ke piyaare Rasool ﷺ ka farmaan hai.

har tasbeeh (***Subhaanallah***) kahna sadqah hai, har takbeer (***Allaahu Akbar***) kahna sadqah hai, har tahmeed ***(Al Hamdulillah)*** kahna sadqah hai aur har tahleel ***(Laailaaha illallah)*** kahna sadqah hai.***(Muslim:1704)*** Imaam Nauvi رحمہ اللہ farmaate hain ke sadqe ka sawaab milta hai.

b)Jab koyi Musalmaan in tasbeehaat ko har namaaz ke ba'd padhne ki muhaafizat karta hai to uske liye jannat mein

Paanch (500) darkht laga diye jaate hain.

Allah ke mahboob hamaare piyaare Rasool ﷺ

ek daf'a Sayyadna Abu Hurairah رضی اللہ عنہ ke paas se guzre woh pauda laga rahe the. to Allah ke payaare Rasool ﷺ ne puchha.

Aye Abu Hurairah! Main tujhe ek aisa pauda na bataoun jo is se behtar ho?

kahne lage ''kyun nahin Allah ke Rasool, ﷺ ne farmaya:

سُبْحَانَ اللّٰہِ، وَالْحَمْدُلِلّٰہِ، وَلَااِلٰہَ اِلَّا اللّٰہُ وَاللّٰہُ اَکْبَرُ:

Subhaanal-laahi walhamdu lillaahi wa laa ilaaha illallaahu wallaahu Akbar.

(Ibne maja: 3807, Shaikh Naasiruddeen Albaani ne sahih kaha hai)

سُبْحَانَ اللّٰہِ، وَالْحَمْدُلِلّٰہِ، وَلَااِلٰہَ اِلَّا اللّٰہُ وَاللّٰہُ اَکْبَرُ:

Subhaanal-laahi walhamdu lillaahi wa laa ilaaha illallaahu wallaahu Akbar.

Har tasbeeh ke badle mein tumhaare liye jannat men darakht laga diya jaaye ga.

c).Jis ne namaaz ke ba'd aayatul kursi padhi,

us ke aur jannat ke darmiyaan koyi cheez rukawat nahin. magar maut. ya'ni ke woh jannat men daakhil kar diya jaaye ga.

d)Jis ne in mazkurah tasbeehaat par hameshgi ki. to uski saari khataayen ma'af kardi jaayen gi agar cheh woh samundar ki jhaag ke barabar kyun na hoon.

(Muslim: 7018)

e).Jo shakhs in tasbeehaat ko har namaaz ke ba'd padhne ki muhaafizat karta hai to us ke liye deen wa dunya ki ruswaayi se bachne ka zari'ya ban jaati hain jaisa ke

Hadees mein hai:

Namaaz ke ba'd padhi jaane waali tasbihaat aisi hain jin ke padhne waala kabhi khasaare mein nahin rahta. ***(Muslim:1377)***

f)Jo farz namaazon mein khalal aur nuqs paida hota hai un ki kami pura hone ka sabab ban jaati hain.

Subh-o-Shaam Ki Mazeed Sunnatein

1)Aayatul kursi ***Allaahu laa ilaaha illaa Huwal-Hayyul Qayyoom,*** mukammal .

Is ka faaidah:

Jo shakhs ise subah padhega shaam tak jinnaat se mahfooz rahega aur jo ise shaam ko padhega subah tak jinnaat se mahfooz rahega.

(Sahihut-Targheeb Wattar Heeb:662)

2)Ma'uzaat:

Qul Huwallaahu 'Ahad.

Qul 'a'oozu birabbil-falaq.

Qul 'a'oozu birabbin-naas.

ko subh-o-shaam padhna.

☆In ka faaidah: hadees men hai

Jo inhen subah shaam padhega use har cheez ke liye kaafi ho jaayen gi.*(Abu Dawood: 5082)*

اَصْبَحْنَا وَاَصْبَحَ الْمُلْكُ لِلّٰهِ، وَالْحَمْدُ لِلّٰهِ، لَا اِلٰهَ اِلَّا اللّٰهُ وَحْدَهٗ لَا شَرِيْكَ لَهٗ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلٰى كُلِّ شَيْءٍ قَدِيْرٌ، رَبِّ اَسْاَلُكَ خَيْرَ مَا فِي هٰذَا الْيَوْمِ وَخَيْرَ مَا بَعْدَهٗ، وَاَعُوْذُ بِكَ مِنْ شَرِّ مَا فِي هٰذَا الْيَوْمِ وَشَرِّ مَا بَعْدَهٗ، رَبِّ اَعُوْذُ بِكَ مِنَ الْكَسَلِ وَسُوْءِ الْكِبَرِ، رَبِّ أَعُوْذُ بِكَ مِنْ عَذَابٍ فِي النَّارِ وَعَذَابِ الْقَبْرِ

Asbahnaa wa asbahal-mulku lillaahi walhamdu lillaahi, laa ilaaha, illallaahu wahdahu laa shareeka lahu, lahul-mulku wa lahul-hamdu wa Huwa 'alaa kulli shay'in Qadeer. Rabbi 'as'aluka khayra maa fee haazal-yawmi wa khayra maa ba'dahu wa 'a'oozu bika min sharri maa fee haazal yawmi wa sharri maa ba'dahu, Rabbi 'a'oozu bika minal kasali, wa soo'il-kibari, Rabbi 'a'oozu bika min azaabin fin-naari wa azaabil qabri.

Hamne subah ki aur saari kaayinaat ne Allah ke liye subah ki, aur Tamaam ta'reefen Allah ke liye hain, jis Allah ke siwaa koyi sachcha ma'bood nahin, woh akela hai, uska koyi shareek nahin, saari baadshaahat usi ki hai aur usi ke liye tamaam ta'reefaat hai, aur woh har cheez par qaadir hai, Aye mere rab! is din ki khair aur jo is ke b'ad ke din mein hai uska tujh se sawaal karta hoon,aur jo is din mein shar hai aur iske

ba'd ke din mein shar hai us se panaah maangta hoon, Aye mere rab! susuti aur budhaape ki buraayi se teri pnaah chaahta honn. Aye mere rab! main tujh se aag ke a'zaab aur qabr ke a'zaab se panaah maangta hoon.

Jab raat ho to (***Asbahna***) ki bajaaye (***Amsayna***) kahe aur (***Alyaum***) ki bajaaye (***Allaylah***) kahe

اَللّٰهُمَّ بِکَ اَصْبَحْنَا وَبِکَ اَمْسَيْنَا وَبِکَ نَحْيَا وَبِکَ نَمُوْتُ وَاِلَيْکَ النُّشُوْرُ

Allaahumma bika Asbahnaa wa bika amsaynaa, wa bika nahyaa, wa bika namootu wa ilaykan-nushoor. (Abu Dawood:5068)

Aye Allah ! tere naam ke saath ham ne subah ki, aur tere naam ke saath ham ne shaam ki, aur tere saath hum zindah hain aur tere naam ke saath hum marenge hain aur teri taraf hi laut kar jaana hai.

Aur jab shaam ho to aisa padhen:

اَللّٰهُمَّ بِکَ اَمْسَيْنَاوَبِکَ اَصْبَحْنَا وَبِکَ نَحْيَا وَبِکَ نَمُوْتُ وَاِلَيْکَ الْمَصِيْرُ

Allaahumma bika amsaynaa wa bika asbahnaa wa bika nahyaa wa bika namootu wa ilaykal maseer.

Aye Allah !tere naam ke saath hum ne shaam ki aur tere naam ke saath hum ne subah ki, aur tere naam ke saath hum zindah hain aur tere naam ke saath hum marte hain aur teri hi taraf laut kar jaana hai.

5. Sayyidul Istegfaar:

اَللّٰهُمَّ اَنْتَ رَبِّیْ لَااِلٰهَ اِلَّااَنْتَ خَلَقْتَنِیْ وَ اَنَاعَبْدُکَ وَاَنَاعَلٰی عَهْدِکَ وَوَعْدِکَ مَا اسْتَطَعْتُ اَعُوْذُبِکَ مِنْ شَرِّمَاصَنَعْتُ اَبُوْءُ لَکَ بِنِعْمَتِکَ عَلَیَّ وَاَبُوْءُ بِذَنْبِیْ فَاغْفِرْلِیْ فَاِنَّهٗ لَا یَغْفِرُالذُّنُوْبَ اِلَّااَنْتَ

Allaahumma Anta Rabbi laa ilaaha illaa, Anta, khalaqtanee wa anaa abduka wa anaa alaa ahdika wa wa'dika mas-tata'tu, 'a'oozu bika min sharri maa sana'tu 'aboo'u laka bini'matika 'alayya wa 'aboo'u bizanbee faghfir lee fa'innahu laa yaghfiruz-Zunooba illaa anta. *(Bukhari: 6306)*

Aye Allah !tu hi mera rab hai tere elaawah koyi ibaadat ka laayaq nahin tu ne mujhe paida kiya aur main tera banda hoon aur main tere ahad aur w'ade par saabit hon jis qadr taaqat rakhtaa hoon. main ne jo kuchh kiya us ke shar se teri panaah chaahta hoon. apne aap par teri n'emat ka iqraar karta hoon. aur apne gunaah ka e'teraaf karta hoon. pas mujhe bakhsh de! Kyun ke tere siwaa koyi gunaahon ko nahin bakhsh sakta.

Isi du'aa ko sayyidul isteghfaar kaha jaata hia.

faaidah: Is ka faaidah yeh hai: Hadees men hai:

Jis ne shaam ke waqt ise yaqeen se padha aur woh usi raat faut ho gaya to woh jannata men chala jaaye ga. aur isi tarah jis ne subah ko padha.

اَللّٰهُمَّ اِنِّی اُشْهِدُکَ، وَاُشْهِدُ مَلَائِکَتِکَ وَحَمَلَةَ عَرْشِکَ، وَاُشْهِدُ مَنْ فِی السَّمٰوَاتِ وَالْاَرْضِ، اَنَّکَ اَنْتَ اللّٰهُ لَا اِلٰهَ اِلَّا اَنْتَ، وَحْدَکَ لَا شَرِیْکَ لَکَ، وَاَشْهَدُ اَنَّ مُحَمَّدًا عَبْدُکَ وَرَسُوْلُکَ

Allaahumma innee 'ush-hiduka wa 'ush-hidu malaa'ikatika wa hamalata 'arashika, wa ushhidu man fis-samaawaati wal ardhi, 'annaka 'Antallaahu laa 'ilaaha illa Anta wahdaka laa shareeka laka, wa ashhadu anna Muhammadan 'abduka wa Rasooluka. *(Silsila Ahaadise-Sahiha:267)*

Aye Allah main tujhe gawaah banaata hoon aur tere sab farishton aur tera arsh uthhaane waalon, aur teri tamaam maklooq ko gawaah banaata hoon ke tu hi Allah hai, tera koyi shareek nahin, aur be shak Muhammad ﷺ tere bande aur tere Rasool hain.

☆**Is ka faaidah yeh hai:** Jo shakhs ise subah wa shaam chaar martabah padhta hai Allah ta'la use jahannam se aazaad kar dete hai.

7.Shaam ko Teen Martabah:

اَعُوْذُ بِكَلِمَاتِ اللهِ التَّامَّةِ مِنْ شَرِّ مَا خَلَقَ

'A'oozu bikalimaatil-laahit-taammati min sharri maa khalaqa.

Main Allah ke mukammal kalimaat ke saath panaah chaahta hoon. us cheez ki shar se jo us ne paida ki.

(Tirmezi:3437, Ibne Maja:3518)

اَللّٰهُمَّ عَافِنِيْ فِيْ بَدَنِيْ اَللّٰهُمَّ عَافِنِيْ فِيْ سَمْعِيْ اَللّٰهُمَّ عَافِنِيْ فِيْ بَصَرِيْ لَا اِلٰهَ اِلَّا اَنْتَ، اَللّٰهُمَّ اِنِّيْ اَعُوْذُبِكَ مِنَ الْكُفْرِ، وَالْفَقْرِ وَاَعُوْذُبِكَ مِنْ عَذَابِ الْقَبْرِ، لَا اِلٰهَ اِلَّا اَنْتَ

Allaahumma 'aafinee fee badanee, Allaahumma 'aafinee fee sama'ee, Allaahumma 'aafinee fee basaree, laa ilaaha illa Anta,

Allaahumma innee 'a'oozu bika minal-kufri, walfaqri, wa 'a'oozubika min azaabil-qabri, laa 'ilaaha illa Anta.

Aye Allah! mujhe mere jism mein aafiyat de, Aye Allah! mujhe mere sama'at (kaaonon)mein aafiyat de, Aye Allah! mujhe meri basaarat (Aankhon) men aafiyat de, Tere elaawah koyi ibaadat ke laayeq nahin, Aye Allah! main kufr aur mohtaajee se teri panaah chahta hoon, aur azaab-e-Qabr se teri panaah cahahta hoon, tere siwa koyi ibaadat ke laayeq nahin. *(Abu Dawood:5090, Ahmed:20397)*

حَسْبِيَ اللّٰهُ لَآ اِلٰهَ اِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ الْعَظِيْمِ

Hasbiyallaahu laa ilaaha illaa Huwa 'alayhi tawakkaltu wa Huwa Rabbul- Arshil- Azeem.

(Abu Dawood: Mauqoof)

Mere liye Allah hi kaafi hai jis ke elawah koyi sachcha ma'bood nahin. main ne usi par bharosa kiya aur woh arshe azeem ka rab hai.(7 martabah)

Faaidah:

Jo ise suba wa shaam 7 martabah padhega. Allah ta'la us ke deen wa dunya ke muaamlaat men kaafi ho jaayega.

اَللّٰهُمَّ اِنِّیْ اَسْأَلُکَ الْعَفْوَ وَ الْعَافِيَةَ فِی الدُّنْيَا وَالْاٰخِرَةِ،اَللّٰهُمَّ اِنِّیْ اَسْأَلُکَ الْعَفْوَوَالْعَافِيَةَ فِیْ دِيْنِیْ وَدُنْيَایَ وَاَهْلِیْ وَمَالِیْ اَللّٰهُمَّ اسْتُرْعَوْرَاتِیْ وَ اٰمِنْ رَوْعَاتِیْ اَللّٰهُمَّ احْفَظْنِیْ مِنْ بَيْنِ يَدَیَّ وَمِنْ خَلْفِیْ وَعَنْ يَمِيْنِیْ وَعَنْ شِمَالِیْ وَمِنْ فَوْقِیْ وَاَعُوْذُبِکَ بِعَظَمَتِکَ اَنْ اُغْتَالَ مِنْ تَحْتِیْ

Allaahumma innee 'as'alukal 'afwa wal 'aafiyata fid-dunyaa wal'aakhirati, Allaahumma innee 'as' alukal-'afwa wal'aafiyata fee deenee wa dunyaaya wa ahlee, wa maalee, Allaahum-mastur 'awraatee, wa 'aamin raw'aatee, Allahum-mahfaznee min bayni yadayya, wa min khalfee, wa 'an yameenee, wa an Shimaalee, wa min fawqee, wa 'a'oozubika bi 'azmatika 'an ughtaala min tahtee.

(Abu Dawood:5074, Ibne Majah:3871)

Aye Allah! main tujh se dunya wa aakhirat mein aafiyat ka sawaal karta hoon, Aye Allah! main apne deen, apni duniya, apne Ahl-w-'Ayaal aur apne maal mein tjhe se m'aafi aur aafiyat ka sawaal karta hoon! Aye Allah meri pardah waali cheezon par pardah daal de, aur meri ghabraahaton ko aman mein rakh! Aye Allah mere saamne se mere peechhe se, meri daayen taraf se, meri baayen taraf se aur mere upar se meri hifaazat kar! aur is baat se teri azmat ki panaah cahaahta hoon ke achaanak neeche se halaak kiya jaaoun.

اَللّٰهُمَّ عَالِمَ الْغَيْبِ وَالشَّهَادَةِ فَاطِرَ السَّمٰوٰتِ وَالْاَرْضِ رَبَّ كُلِّ شَيْءٍ وَمَلِيْكَهُ وَاَشْهَدُ اَنْ لَّا اِلٰهَ اِلَّا اَنْتَ ،اَعُوْذُبِكَ مِنْ شَرِّ نَفْسِيْ وَمِنْ شَرِّ الشَّيْطَانِ وَشِرْكِهٖ وَاَنْ اَقْتَرِفَ عَلٰى نَفْسِيْ سُوْءً اَوْ اَجُرَّهٗ اِلٰى مُسْلِمٍ.

Allaahumma 'Aalimal-ghaybi wash-Shahaadati faatiras-samaawaati wal'ardhi, Rabba kulli shay'in wa maleekahu, wa 'ash-hadu

'an laa ilaaha illaa 'Anta, 'a'oozu bika min sharri nafsee, wa min sharrish- shaytaani wa shirkihi, wa 'an 'aqtarifa 'alaa nafsee soo'an, 'aw 'ajurrahu ilaa Muslimin. ***(Sahih al jaame' assagheer:7813)***

Aye Allah! Aye Ghaayib wa Haazir ko jaanne waale! aasmaan aur zameen ko paida karne waale! har cheez ke parwar digaar aur maalik! Main gawaahi deta hoon ke tere elaawah koyi ibaadat ke laayeq nahin. Main teri panaah maangta hoon. apne nafs ke shar aur shaytaan ke shar se aur us ke shirk se aur is baat se ke main apne nafs par buraai ka irtekaab karon yaa kisi muslim se buraayi karoon.

(Sahihul Jam'eus-Sagheer:7823)

12.Teen martabah.

بِسْمِ اللهِ الَّذِیْ لَا یَضُرُّ مَعَ اسْمِهٖ شَیْءٌ فِی الْاَرْضِ وَلَا فِی السَّمَاءِ وَهُوَ السَّمِیْعُ الْعَلِیْمُ

Bismillaahil-lazee laa yadhurru ma'as mihi shay'un fil-'ardhi wa laa fis-samaa'i wa Huwas-Samee'ul-'Aleem.

Allah! ke naam ke saath jis ke naam ke saath zameen wa aasmaan men koyi cheez nuqsaan nahin pahunchaa sakti aur wahi sunne waala jaan ne waala hai. *(Abu Dawood:5088, Tirmezi:3388)*

13. Teen Martabah:

سُبْحَانَ اللّٰهِ وَبِحَمْدِهٖ عَدَدَ خَلْقِهٖ وَرِضَا نَفْسِهٖ وَزِنَةَ عَرْشِهٖ وَمِدَادَ كَلِمَاتِهٖ

Subhaanallahi wa bihamdihi 'Adada khalqihi, wa ridhaa nafsihi, wa zinata 'arshihi wa

midaada kalimaatihi. (Muslim:7088)

Allah ki paaki (bayaan karta hoon) us ki ta'reef ke saath, us ki makhlooq ki ta'daad ke baraabar, us ki apni razaa ke mutaabiq, us ke arsh ke wazan ke baraabar aur us ke kalimaat ki siyaahi ke baraabar.

يَاحَيُّ يَاقَيُّوْمُ بِرَحْمَتِكَ اَسْتَغِيْثُ،اَصْلِحْ لِيْ شَاْنِيْ كُلَّهٗ وَلَا تَكِلْنِيْ اِلٰى نَفْسِيْ طَرْفَةَعَيْنٍ.

Yaa Hayyu yaa Qayyoomu birahmatika astagheethu aslih lee sha'nee kullahu wa laa takilnee ilaa nafsee tarfata aynin.

Aye hamesha zindah rahne waale, Aye Qaayem rakhne waale,main teri hi rahmat se fariyaad karta hoon. mere tamaam kaam durst karde, aur ek aankh jhapakne ke baarabar mujhe mere nafs ke supurd na kar.(Sahihut-targheeb Wat-tahreeb:661)

اَصْبَحْنَا(شام کے وقت اَمْسَيْنَا)عَلٰى فِطْرَةِالْاِسْلَامِ وَعَلٰى كَلِمَةِ الْاِخْلَاصِ وَدِيْنِ نَبِيِّنَا مُحَمَّدٍﷺ،وَمِلَّةِاِبْرَاهِيْمَ حَنِيْفًامُّسْلِمًاوَّمَاكَانَامِنَ الْمُشْرِكِيْنَ

'Asbahnaa (Saham ke waqt Amsaynaa)'alaa fitratil-Islaami wa 'alaa kalimatil-ikhlaasi, wa 'alaa deeni Nabiyyinaa Muhammadin (sallallahu 'alayhi wa sallama) wa 'alaa millaati Abeenaa Ibraaheema, haneefan Musliman wa maa kaana minal- mushrikeen.

(Silsilatul Ahaadesis Sahhiha:2989, J.M. As-sagheer:4674)

Hum ne Fitrat-e-Islam aur kalima-e-Ekhlaas aur apne Nabi ﷺ ke deen aur apne baap Ibraaheem علیہ السلام

Haneef Muslim ki millat par subh ki aur woh mushrikon se nahin the.

16.سُبْحانَ اللهِ وَبِحمْدِه

Subhaanallaahi wa bihamdihi.

Allah ta'la apni ta'reef ke saath paak hai.

ek (100) sau martabah kahna hai.

Faaidah: Jisne ise subah wa shaam 100 martabah kaha; qiyaamat ke roz us se achchi cheez laane waala koyi na hoga magar woh jisne itni daf'a kaha. ya us se ziyadah martabah. *(Muslim: 7019)*

Mazeed Faayidah

Jisne din men 100 baar ***Subhaanallahi wa bihamdihi. kaha,*** to samundar ki jhaag ke barabar bhi uske gunah kyun na hon, sab ma'aaf kar diye jaayen ge. ***(Muslim: 7018)***

لاالٰـهَ اِلَّااللّٰهُ وحْدَهٗ لاشرِيْكَ لَهٗ ،لَهُ الْمُلْكُ ولَهُ الْحمْدُوهوعلٰى كُلِّ شىْءٍ قَدِيْرٌ

Laa 'ilaaha illallaahu wahdahu laa shareeka lahu, lahul-mulku wa lahul-hamdu, wa Huwa 'alaa kulli shahin Qadeer. (Muslim:7018)

Allah ke elaawah koyi sachcha ma'bood nahin woh akela hai, uska koyi shareek nahin, usi ke liye baadshaahat hai aur usi ke liye tamaam ta'reefaat hain aur woh har cheez par qaadir hai.

Jisne ise ek din meln 100 martabah padha us ke liye *(10 Ghulaam aazaad karne ka sawaab)*

(100 Nekiyaan likhkhi jaati hain)
(100 Khataayen ma'aaf kardi jaati hain)
(aur insaan us din shaam tak shaytaan se mahfooz rahta hai)

18.ek din men 100 martabah

اَسْتَغْفِرُ اللّٰهَ وَاَتُوْبُ اِلَيْهِ

Astaghfirullaha wa 'atoobu ilayhi,

Main Allah se bakhshish maangta hoon aur usi ki taraf taubah karta hoon.(Muslim:7033)

19.Subah ke waqt:

اَللّٰهُمَّ اِنِّیْ اَسْئَلُکَ عِلْمًا نَافِعًا وَرِزْقًا طَيِّبًا وَعَمَلًا مُتَقَبَّلًا

Allaahumma 'innee 'as' aluka 'ilman naafi'an wa rizqan tayyiban, wa 'amalam mutaqabbalan.

(Ibne Majah:925)

Aye Allah main tujh se nafa' mand ilm, paakeezah rizq aur maqbool amal ka sawaal karta hoon.

اَللّٰهُمَّ اِنِّیْ اَسْأَلُکَ بِاَنَّ لَکَ الْحَمْدُ لَا اِلٰهَ اِلَّا اَنْتَ الْمَنَّانُ بَدِيْعُ السَّمٰوَاتِ وَالْاَرْضِ يَا ذَاالْجَلَالِ وَالْاِکْرَامِ، يَا حَیُّ يَا قَيُّوْمُ، اِنِّیْ اَسْئَلُکَ الْجَنَّةَ وَاَعُوْذُبِکَ مِنَ النَّارِ

Allaahumma innee as aluka bi'anna lakal hamda laa ilaaha illaa Anta Al-Mannaanu, Badee'us-samaawaati wal'ardhi yaa zal-jalaali wal- Ikraaam. yaa. Hayyu yaa Qayoomu 'innee as alukal-jannata wa 'a'oozu bika minan-naar.

(Nasai:1300, Ibne Maja:3858)

Aye Allah! main tujh se sawaal karta hoon kyun ke tere liye hi ta'reef hai, tere siwaa koyi ibaadat ke

laayeq nahin, ehsaan karne waala hai, Aye aasmaanon wa zameen ke banaane wale! Aye Izzat wa buzrugi waale! Aye hamesha zindah aur hamesha rahne wale! Main tujh se jannat ka sawaal karta hoon, aur aag se teri panaah chaahta hoon.

Faaidah: in alfaaz ke saath du'aa karne ka faaidah:

ek Sahaabi ne Allah ke Rasool ﷺ ke maujoodgi mein qabl az salaam apni namaaz ke tashahhud men in mazkoorah alfaaz se apne rab se du'aa ki. to Allah ke Rasool ﷺ ne Sahaaba kiraam se poochha: kiya tum jaante ho ki is ne kis cheez ke saath du'aa ki hai?

Sahaaba kiraam Rizwaanullah ne jawaab diya: Allah aur us ka Rasool ziyaadah jaante hain. to Aap ﷺ ne irshaad farmaya:

Allah ki qasam! jis ke haath men meri jaan hai. is ne Allah ke aise azeem naam ke saath du'a ki hai ke jab bhi us ke saath pukara jaaye to woh qubool karta hai aur jab us ke saath sawaal kiya jaaye to woh ata kar deta hai.

اَللّٰهُمَّ اِنِّیْ اَعُوْذُبِکَ مِنَ الْعَجْزِ وَالْکَسَلِ وَ الْجُبْنِ وَالْبُخْلِ وَالْهَرَمِ وَعَذَابِ الْقَبْرِ، اَللّٰهُمَّ اٰتِ نَفْسِی تَقْوٰهَا وَزَکِّهَا اَنْتَ خَیْرُ مَنْ زَکّٰهَا، اَنْتَ وَلِیُّهَا وَمَوْلَاهَا، اَللّٰهُمَّ اِنِّی اَعُوْذُبِکَ مِنْ عِلْمٍ لَا یَنْفَعُ وَمِنْ قَلْبٍ لَا یَخْشَعُ وَمِنْ نَفْسٍ لَا تَشْبَعُ وَمِنْ دَعْوَةٍ لَا یُسْتَجَابُ لَهَا.

Allaahumma innee a'oozubika minal 'ajazi wal kasali wal jubni wal bukhli wal harami wa 'azaabil qabari, Allaahumma aati nafsee taqwaaha wa zakkahaa anta khayru man zakkaaha, anta waliyyuhaa wa mawlaaha,

Allaahumma innee a'oozubika min 'ilmin la yanfa'wo wa min qalabil laa yakhsha'o wa min nafasin laa tashba'o wa min d'awatil ustajaaba lahaa.

Aye Allah! main tere saath 'aajzi, susti, buzdili, bukhl, budhape aur qabr ke 'azaab se panaah maangta hoon. Aye Allah! mere nafs ko is ki parhezgaari de. aur isko paak kar! tu iska behter pak karne waala hai, tu sika kaar saaz aur maalik hai. Aye Allah! Main panaah maangta hoon aise ilm se jo nafa' na de, aur aise dil se jo na dare aur aise nafs se jo sair na ho. aur aisi du'aa se jo qubool na ho.

(Muslim: 6844,Azzikruddu'aayil waalid, Nasayi:5538)

☆ Jab bhi un mazkoorah azkaar par koyi amal karega to usne sunnat par amal kiya. aur har Musalmaan ko chaahiye ke un azkaar ko akhlaas, sidqe dil aur yaqeen ke saath padhte huye unke mafhoom wa ma'ni par bhi gaur kare! taake us ki amli zindgi mein uske akhlaaq aur uske taur tareeqah par asar andaaz ho.

Logon se Mulaqaat ki Sunnatein

1.Salaam karna:

Allah ke Rasool ﷺ se sawaal kiya gaya: ke islaam men konsi haalat behter hai? to farmaya: khana khilana aur har shakhs ko salaam kahna, chaahe aap usko jaante hon yaa na jaante hoon. ***(Bukhari:12,Muslim:169)***

ek aadmi Nabi ﷺ ke paas aaya.

usne kaha *"Assalaamu Alaykum"* Aap ﷺ ne uska jawaab diya. woh baithh gaya. Nabi ﷺ kaha (10)

nekiyan mileen

☆Phir doosra aaya usne kaha*"Assalaamu Alaykum wa rahmatullahi wa barkatuh"* Aap ﷺ ne uska jawaab diya. woh baitth gaya. Aap ne farmaya: (20) nekiyan mileen.

☆ Phir aur aek aaya aur kahaa*"Assalaamu Alaykum wa rahmatullahi wa barkatuh"* Aap ﷺ ne uske salaam ka jawaab diya. woh baitth gaya .Aap ﷺ ne farmaya: (30) nekiyan mileen.***(Abu Dawood:5195, Tirmizi:2689)***

Sochne ka lamha: Zara hum sochen!

Ke woh hazraat jo salaam ke kalimaat bhi mukammal nahin karte, kitna hi sawaab zaaye' karchuke hain. agar woh poore kalamaat kahen to kam az kam 30 nekiyaan to milengi. jab ke ek neki ka sawaab dus gunah milta hai. is tarah majmoo'yi nekiyon ki ta'daad (300) so banti hai. aur mumkin hai us se bhi ziyadah nekiyaan haasil karne ka moqa' mil jaaye.

To mere piyaare bhayi! koshish yeh karen ke apni zubaan ko poora salaam lena ka aadi banayen taa ke uski barkaat aur uske ajre azeem se mahroomi na ho. aur yeh salaam ke mawaqe' umooman masjid mein jaate waqt jo logg masjid men baithhe hote hain unko salaam kahna, aur un se alaahidgi ke waqt, ghar mien daakhil hote aur nikalte waqt salaam kahne mien kitna ajr milega. aur mere bhayi yeh baat bhi yaad rakhkhen!

Masnoon hai ke jab bhi aap kisi se alaahidah hone lagen to use mukammal kalimaat ke saath salaam kahen jaisa ke hadeese paak mien hai:

Jab koyi majlis mien aaye to salaam kahe! isi tarah jab woh uthne ka eradah kare to salaam kahe pahli martabah ka doosre ki nisbat ziyadah haqq nahin rakhta. ***(Abu Dawood:5208, Tirmizi: 2706)***

☆ Yeh masjid mein aane jaane, ghar mein aane aur jaane mein salaam par muhaafizat karna taqreeban din raat mein (20) martabah sunnat par amal ka moqa' mil jata hai. aur kabhi kisi se raaste mein milne se aur teliphone par baat karte waqt aur uske elaawah bhi bahut se salaam kahne ke mawaqe' muyassar aasakte hain jin ko zaaye' karna sawaab se mahroomi hai.

2.Khandah peshaani se milna: Nabi ﷺ ne farmaya:

Kisi neki ko haqeer na samjho agar cheh tum apne bhayi ko hanste chehre se hi kyun na milo.

(Muslim: 6857)

3.Musafah karna:Nabi akram ﷺ ne farmaya:

Koyi bhi do musalmaan aapas mien musafah karte huye milen to unke alaahidah hone se pahle unke gunah ma'aaf kar diye jaate hain.

(Dawood:5212, Tirmizi: 2727. Maja: 3703)

Imaam Nauvi farmaate hain ke musafah karna har mulaqaat ke waqt mustahab hai.

Aye piyaare bhayi: koshish karen: ke jab aap kisi se milen salaam kahen to muskuraate chehre se musafah karte huye milen. isi tarah ek hi waqt mein teen sunnaten jama' ho jayengi.

4.Achchhi baat karna. Allah Rabbul izzat ka irshaad hai:

Aur mere bandon se kah dijiye ke woh bahut hi

achchi baat munh se nikala karen, kyun ke shaytaan aapas men fasaad daalata hai. be shak shaitaan insaan ka khula dushman hai. (Surah Isra:53)

Aur Nabi akramﷺ ne farmaya:

Achchi baat karna sadqah hai.

(Bukhari:2989,Muslim:2382)

Achchi baat karna: is mein zikr bhi hai, du'a bhi, salaam bhi, ta'reef bhi, khush akhlaaqi aur insaan ki aadat wa kirdaar ki misaal aur izhaar bhi hai.

☆ Achchhi baat karne se insaan par jadu jaisi kaifiyat taari ho jaati hai. uska dil mutma'in hota hai aur woh khush rahta hai.

☆ Achchhi baat karne se ma'loom hota hai ke insaan ka dil roshan hai, rushdo hidaayat waala hai.

Aye mere dost! Kitna hi achchha ho? ke hum apni zindagi subah se shaam tak achchi baat karte guzaaren. taake tamaam ahle khanah bade chhote, apne aur paraaye bachche aur boodhe, dost ahbaab, rishte daar, padosi, khaadim wa ghairah gharz yeh ke jis se muaamlah karna ho us se achchhi baat karte huye waastah pade. sunne waala bhi achchhi baat kare. aur hum bhi achchhi baat karna apni aadat banaa len.

Khaane Ki Sunnatein

Khaane ke darmiyaan aur pahle ki sunnatein

✦.Bismillah padhna:

✦.Daayen haath se khana:

✦.Apne aage se khana:

ek hi hadees in mazkurah sunnaton ki daleel hai.

Allah ke piyaare Rasool ﷺ ne ek saathi ko naseehat karte huye famaya:

Aye bachche 'Bismillah padh' daayen haath se kha! aur jo tere aage hai wahaan se kha!. (Bukhari:5376)

4.Aagar luqmah gir jaaye to saaf karke khaalena:

Hadees Men Hai: *Jab kisi ka luqmah gir jaaye to use jo gandagi lagi hai saaf kare. aur khaale.*

(Muslim:5426)

5.Teen ungliyon se khana: Hadees men hai:

"Nabi ﷺ teen ungliyon se khaya karte the. aur haath dhone se pahle apne haath ko chaat liya karte"agar majburi na ho to yahi afzal hai kyun ke Allah ke Rasoolﷺ aksar teen ungliyon se hi khaya karte.

Khaane ke waqt baithhne ka tareeqah

Yeh hai ke apne ghutnon ko uthha kar paaun par baithha jaaye. yaa daayen ghutne ko khada karke baayen pair par baithh kar khaya jaaye jaisa ke Allamah Haafiz Ibne hajar ne fatahul baari mien zikr kiya hai.

Khaane ke ba'd ki sunnatein

1.Khaane ke ba'd bartan aur ungliyon ko chaatna. aur bartan ko chaatne ke baare mein Allah ke Rasool ﷺ ka hukm hai:

Tumhein kisi ko ma'loom nahin ke khaane ke kis luqme mein barkat hai? (Muslim:5426)

2.Khaane ke ba'd Alhamdulillah kahna:.

Be shak Allah apne bande se raazi hota hai ke woh kuch bhi khaaye to Allah ki Hamd bayaan kare.

(Muslim:7108)

aur Allah ke Rasool ﷺ khaane ka b'ad du'a kiya karte the.

اَلْحَمْدُلِلّٰهِ الَّذِیْ اَطْعَمَنِیْ هٰذَا وَرَزَقَنِیْهِ مِنْ غَیْرِ حَوْلٍ مِّنِّیْ وَلَا قُوَّةٍ

Alhamdu lillaahil-lazee 'at'amnee haazaa, wa razaqaneehi, min ghayri hawlim minnee wa laa quwwatin

Tamaam ta'reefaat Allah ke liye hain jisne mujhe yeh khana khilaya aur mujhe meri kisi taaqat aur quwwat ke baghair ataa kiya. *(Ibne Maja:3285)*

☆ Faaidah: is du'aa ka faaidah yeh hoga:

Ke Allah ta'la uske saabiqah gunaahon ko ma'aaf karden ge. *(Ibne Maja:3285)*

Majmoo'yi taur par yeh sunnaten jise har musalmaan khaane ke waqt ada karta hai ye (15) se kam nahin aksar logon ki to aadat yeh hai ke woh din raat men umooman teen daf'a khana khaate hain. aur agar koyi us se ziyaadah martabah kuchh khaale. woh is se ziyaadah sunnaten haasil kar ne ka moqa haasil kar sakta hai.

Iski mazeed sunnaten yeh hain:

1.Bismillah padhna:.

2.Daayen haath se peena:. Jaisa ke Hadees guzar chuki hai.

Ke aye ladke Allah ka naam le aur daayen haath se khana kha. **(Bukhari:5376)**

3.Peete huye bartan se baher saans lena aur teen saans mein peena:.

ek hi daf'a mein na piya jaaye.

4.Baithh kar peena: Hadees mein hai:

Tum mein se koyi bhi khada hokar na piye!

(Muslim:5398)

5. Peene ke ba'd Alhamdulillah kahna:.

Allah ta'la bande se raazi hote hain ke ek luqmah bhi khaaye to us par Allah ki hamd bayaan kare aur ghont bhi piye to uski ta'reef kare. (Muslim: 5426)

Agar in sunnaton ko jo insaan peete waqt ada karta hai unki ta'daad ko dekha jaaye to (20) se kum nahin.aur yaqeenan is se ziyadah bhi hosakti hai jo har qism ke mashroobaat thande, garam waghairah shaamil hain. aur woh log jo khaate peete waqt in sunnaton ko bhool jaate hain unhen is se gaflat ahin karni chaahiye.

Ghar Mein Nawafil Ki Sunnatein

1. Allah ke Rasool ﷺ ka farmaan hai:

Be shak aadmi ki behter namaaz woh hai jo ghar men ada kare magar farz namaaz. (Bukhari:6113)

Is sunnat ko namaaze zuha, tahyyatul Masjid aur sunnate muakkidah waghairah ada karne se din raat men kitni da'fa apnaya jaa sakta hai. har nafil namaaz ka ghar men ada karne ki aadat apna li jaaye to sawaab bhi milega. aur asunnat ki pairvi bhi hogi.

In nawafil ko ghar men ada karne ka faayidah yeh hai ke:

a)Insaan riya kaari se bachta hai, ekhlaas aata hai aur mukammal taur par ebaadat mien khushu' wa khuzu' naseeb hota hai.

b)Ghar men Allah Subhahu wa ta'la ki rahmat ke

nuzool aur shaytaan ko bhagaane ka sabab banta hai.

c) Nawaafil ghar mien ada karne se usi tarah sawaab ziyadah haasil karne ka moqa' muyassar aata hai, jaise farz namaaz masjid men ada karne ka.

Majlis barkhawast karne ki sunnat

Majlis ke kaffaarah ke liye padhna chaahiye

سُبْحٰنَکَ اللّٰھُمَّ وَبِحَمْدِکَ اَشْھَدُاَنْ لَّااِلٰہَ اِلَّااَنْتَ اَسْتَغْفِرُکَ وَاَتُوْبُ اِلَیْکَ

Subhaanaka Allaahumma wa bihamdika, ash-hadu al laa ilaaha illaa Anta, astaghfiruka wa atoobu ilayka.

Aye Allah! tu apni ta'reef ke saath paak hai main gawaahi deta hoon ke tere elawah koyi sachcha ma'bood nahin.main tujh se bakhshish talab karta hoon aur teri taraf taubah karta hoon

.(Abu Dawood: 4859, Tirmezi:3433)

Kitni majlisen aisi hain jin mein ek musalmaan din raat ke mukhtalif auqaat mein baithha hai? yaqeenan bahut si majaalis hain jin ki tafseel kuch yeh hai:

1.Teen waqt ke khaane ki majlis:

Is mein koyi shak nahin ke is majlis mein baithhne waalon ke saath kitni ma'qool aur kitni ghair ma'qool baaten hoti hongi.

2.Jab aap kisi dost ya padosi ko raaste mein dekh kar baaton mein mashgool ho jaate hain chaahe khade khade hi kyun nahin.

3.Apne aafis, madarsah aur muhallah waghairah ke

saathiyon ke saath jab aap mil baithhte hain.

4.Apne ghar, apne bivi bachchon mein jab woh aap se aur aap un se baaton mein mashgool hote hain.

5. Apni gaadi mein khah apni bivi ke saath hon yaa doston ke saath.

6.Dars wa tadrees ya w'az wa irshaad ki majlis mein haazir hone waale dost ahbaab ki majlis. din raat mein kitni majaalis mun aqid hoti hain? kiya un mein is mazkurah du'a ko duhraya hai? taake Allah ke saath ta'alluq bana rahe. aur kitni martabah Allah ki ta'reef wa tahmeed aur uski azmat bayaan hogi jab aap mazkurah kalimaat kahen.

سُبْحٰنَکَ اللّٰھُمَّ وَبِحَمْدِکَ

Subhaanaka Allaahumma wa bihamdika,

Aur kitni martabah aapne un majaalis ke gunaahon ke kaffare ke liye aur tajdeede taubah wa istaghfaar karte huye yeh kaha hai?

اَسْتَغْفِرُکَ وَاَتُوْبُ اِلَیْکَ

Astaghfiruka wa atoobu ilayka.

Aur kitni martabah aapne Allah ki wahdaaniyat ka iqraar kiya hai? jo

- wahdaaniyat rububiyat ki hai,
- wahdaaniyat uluhiyat ki hai,
- wahdaaniyat us ke asmaa wa sifaat ki hai. jo ke in kalimaat mein hai

اَشْھَدُاَنْ لَّااِلٰہَ اِلَّااَنْتَ

Ash-hadu al la ilaaha illaa Anta,

to tumhaari sab majaalis agar is tarah hongi, to aap ke din aur raat sab Allah ki wahdaaniyat, uski ta'reef

aur taubah wa istaghfaar men guzrenge.

☆**Faaidah:** Is ka faaidah phir yeh hoga ke un majaalis men tum se jo khataayen sarzad huyi hongi. yeh du'aa un sab ka kaffarah ban jaayegi.

Imaam Ibne Qayyim رحمه الله farmaate hain:

Ke doston ka ijtema' do qism ka hai

Pahli Qism: Dil lagi aur waqt paas karne ke liye. is mein faaidah ki nisbat nuqsaan ziyaadah hai. iss mein kam az kam yeh hota hai ke waqt zaaye' karne ke saath dil mein kharaabiyan aur pareshaaniyan paida hoti hain.

Doosri Qism: woh ijtema' hai jis mein najaat ke liye aur ek doosre ko wa'az wa naseehat karne ka moqa' mile. to yeh waaq'yi ek fursat, ghanimat aur intihaayi faaidah mand ijtema' hai.

Niyyat Sahi Rakhna

Aye piyaare dost! Allah teri hifazat farmaye

Jin a'maal ko sote, jaagte, uthhte, bethhte, chalte, phirte, khaate aur peete waqt kiya jata hai. unko Allah ke Rasool ﷺ ki etaa'at aur Allah ki khush noodgi men tabdeel karna mumkin hai. take uski wajah se hazaaron nekiyan haasil karli jaayen. jis ke liye shart yeh hai ke un a'maal ko karte waqt Allah ke taqreeb ka iraadah kar liya jaaye. jaisa ke Allah ke Rasool ﷺ ne farmaya:

A'maal ka daaro madaar niyyat par hai. har inasaan ke liye wahi hai jo usne niyyat ki *(Bukhari:1 Muslim:5036)*

Maslan: ek insaan raat ko jaldi is niyyat se sota hai

ke fajr ki namaaz ke liye uthhega. ya uthh kar qiyaamullail karega.to us ka sona us ke liye ibaadat men shumaar hoga. aur isi tarah baaqi sab a'maal hain.

ek hi Waqt mein ek se ziyadah sunnatein

ek hi waqt mein bahut se faaide uthhana har insaan nahin jaanta magar woh jis ko apne waqt ki qadr ho.

Is qism ke kayi mawaqe' hamari zindagi mein aate hain. maslan:

1)ek insaan jab masjid ki taraf paidal chal kar ya sawari par jata hai. to yaqeenan masjid ki taraf jaana bazaate khud sawaab hai. lekin us jaane aur chalne ke doraan agar woh qura'n ki tilawat karta hai ya zikre ilaahi mein mashgool hota hai, to yeh uske liye ghaneemat aur ajro sawaab kamaane ki fursat hai,

Ek hi waqt mein donon ibaadaton ka ajr milega. ek to waqt ki qadr, aur doosri insaan ki khush qismati aur sa'adat ke waqt se faaidah uthhaya.

2)Agar insaan kisi aisi da'wat mein jaata hai jo Allah ki nafarmaani, jis mein gaane aur munkiraat waghairah na hon. to us majlis mein haazir hona ibaadat hai.

aur uske liye mumkin hai ke woh us majlis mein apna waqt ghaneemat jaante huye da'wat ke kaam men ya Allah ke zikr mein mashghool rahe.

3.Insaan ka gharelu kaam kaaj men mashghool hona.(gar woh taqarrub ilaahi ka iraadah karle) to woh bazaate khud yeh kaam karna ek ibadat hai. lekin yeh bhi fursat aur ghaneemat hai ke ek insaan is masrufiyat ke dauraan Allah ka zikr kare qura'n

padhle. ya koyi dini islaami cassette sunle

Abdullah Bin Umar ﷛ bayaan karte hain:

Ke hum ek majlis mein baithhe baithhe shumaar kiya karte ke Allah ke Rasool ﷺ ek (100) martabah yeh kalimaat padha karte.

رَبِّ اغْفِرْلِی وَتُبْ عَلَیَّ اِنَّکَ اَنْتَ التَّوَّابُ الرَّحِیْمُ.

Rabbighfir lee wa tub alayya innaka Antat-Tawwaabur-Raheem.

Aye mere rab: mujhe ma'af farma, meri taraf dhiyaan farma. be shak tu taubah qubool karne waala meharbaan hai. (Abu Dawood:1516,Tirmizi:3434)

☆ Hum zara sochen ke Allah ke Rasool ﷺ kis tarah do ibaadaton ko ek hi waqt mein ghaneemat jaante ke:

1)Allah ka zikr aur istaghfaar.

2)Sahaba kiraam رضی اللہ عنہم ke saath deeni ta'leem ke liye majlis ka ehtemaam.

Har waqt zikr mein mashghooliyat

1)Allah ka zikr: Allah ki ibaadat ka bunyaad hai.

kyun ke bande aur uske rab ke darmiyaan har waqt aur har haalat mein ta'alluq qaayem rahne ka yahi ek zariy'a hai.

Sayyadah Aayishah رضی اللہ عنہا ka bayaan hai:

Ke Allah ke Rasool ﷺ har waqt Allah ka zikr kiya karte. (Muslim:852)

Allah ke saath ta'alluq rahne mein hi zindagi hai. uski taraf ruju' karne mein hi nijaat hai. uski qurbat mein kaamyaabi aur rizwaan hai. usse doori mein gumraahi, tabaahi wa barbaadi aur nuqsaan hai.

2)Allah ka zikr mein aur munaafiq ke darmiyaan ek nishaan aur ek alaamat hai. ke munaafiq zikr nahin karta magar thoda sa.woh ma'mooli sa zikr karta hai.

3)Shaytaan insaan par ghalbah usi waqt karta hai jab woh Allah ke zikr se gaafil hota hai. aur Allah ka zikr ek mazboot qil'a hai, jo insaan ko shaytaan ke makro fareb se bacha kar rakhkhta hai. aur shaytaan to chaahta hai ke insaan Allah ke zikr se gaafil rahe.

4)Allah ka zikr: Khush bakhti ka raastah hai:

Jo logg eemaan laaye unke dil Allah ke zikr se itminaan haasil karte hain. yaad rakhkho! dilon ko itminaan Allah ke zikr se hi haasil hota hai.

5) Allah ke zikr par hameshgi karna:

Ahle jannat ko kisi cheez ki hasrat na hogi. magar dunyaavi auqaat ki jinn men woh zikr na kar sake, kyun ke zikr par hameshgi Allah ke saath raastah istawaar karna hai.

Imaam nauvi رحمہ اللہ علیہ farmaate hain:

ke ulmaa-e-kiraam ka ittefaaq hai ke dil aur zabaan se be wazu (tilaawate quran kareem. ke maasiwa) junmbi, haayizah aur nafaas waaliyon ka tasbeehaat aur zikr waghairah kar lena jaayez hai.

6)Jo Allah ko yaad karta hai, Allah ta'ala usko yaad karta hai.

Allah ta'ala ka farmaan hai. *Tum mujhe yaad karo main tumhen yaad karunga. (Albaqrah:152)*

Us insaan ki khushi wa musarrat ka andazah lagayen ke jise ilm ho jaaye ke uska dunyaavi baadshaah, uska maalik apni majlis mein baithh kar uski ta'reef karta hai.

to us insaan ki haalat ka andaazah kijiye! ke jiske baare mein baadshaahon ka baadshaah, jo zameen wa aasmaan ka maalik hai jab woh kisi ki ta'reef apne farishton mein kar raha ho? to kiya us par rashk na aaye? *Subhaanallah*

7)Allah ke zikr se yeh muraad nahin ke insaan ek hi kalimah ka wird karta rahe aur "dil" Allah ki ta'zeem aur uski itteba' se ghaafil ho!!! nahin.

Bal ke jab zabaan se zikr kiya jaaye to uske liye huzoor-e-qalb ke saath uske ma'ni aur mafhoom se ghaafil rahna nahin chaahiye. Allah ka farmaan hai.

Apne rab ke yaad kiya kar apne dil mien. aajzi aur khauf ke saath, aur zor ki aawaaz ki nisbat kam aawaaz ke saath subah wa shaam (yaad kiya kar) aur ghaafilon mien se nah ho jana. (Al-A'raaf:205)

Lihaza: har insaan jo zikr karne waala hai use ma'loom hona chaahiye ke wok kiya zikr kar raha hai. uske dil ka zikr aur zabaan ka zikr ek jaisa ho. taake Allah ke saath raabtah zaahir wa baatin se ek jaisa ho. aur "dil" zabaan ke zikr se ghaafil nah rahe.

Allah ki ne'maton mein ghauro fikr

Allah ke mahboob aur hamaare payaare Rasool ﷺ ne farmaya:

Allah ki ne'maton ke baare mein socho! Allah ki zaat ke muta'alliq mat socho!

(Attabraani ne awsat mein, Baihaqi ne Ashsua'b mein aur shaikh Albani ne ise hasn kahaa hai.)

woh umoor jo musalmaan ko din raat mein kayi baar pesh aate hain unke muta'alliq

"Allah ki jo insaan par ne'maten hain uska shu'oor

hona"

kitne hi aise mawaaqe' aur kitne hi aise mushaahidaat hain jin ko insaan din raat dekhta bhi hai aur sunta bhi hai. insaan ka haq banta hai ke un par ghaur kare, fikr kare aur soche ke us par Allah ki jo ne'maten hain, kiya usne unka shukr ada kiya hai? jo ke us par laazim hai.

1)Kiya aap ne Allah ki ne'mat aur uski taufeeq jo Masjid ko jaane ki mili hai. aap ne uska ehsaas aur shukr kiya hai? jab ke kitne hi loge us ne'mat se mahroom hain. khusoosan fajr ki namaaz ke liye. aur aap musalmaanon ke gharon ko dekh rahe hain ke woh aisi gahri neend soye hain jaise murde hain.

Kiya aapne Allah ki us n'emat ka ehsaas kiya hai?

ke aap raaste men jaate huye kayi aise manaazir dekhte hain jo bahut hi pareshaan kun hote hain. gaadi ka haadsah bhi hai aur shaytaan ki aawaaz, music bhi gaadi se buland horaha hai?

aur aap par Allah ki kitni ne'maten hai. ke aap bilkul sahi, salaamat aur mahfooz hain.

3.Kiya aap ne is ne'mat ko socha hai. jo duniya mein tabaahi machi hai. kahin paani ka tufaan, kahin khushk saali, kahin bimaariyon ki waba, kahin hawaadis, kahin zalzale aur kahin jangon se aabaadiyan maliya met, garz yeh ke tufaan hi tufaan hain. aap Alhamdulillah bilkul mahfooz aur sihat yaab hain. kiya aap ne is ne'mat ke baare men kabhi socha?

main samajhta hoon ke bande par Allah ke itne ahsaanaat hain. jo nah uske dil se, nah uske shu'oor

se aur na uske ehsaas se nikal sakte hain balke woh unhen kabhi bhool hi nahin sakta hai.

har moqa' par aur har waqt Allah ki ne'maton ka shukr ada karna chaahiye, musalmaan hone par, sehat par, maal wa daulat ki farawaani par aur har shar waghairah se salaamati par garz yeh ke jo jo us par ne'maten hain. us par shukr aur uski ta'reef laazim hai.

Tirmezi ki ek rivayat mein hai:

Jo shakhs kisi ma'zoor ko dekhe to yeh du'aa padhe.

اَلْحَمْدُ لِلّٰهِ الَّذِی عَافَانِیْ مِمَّا ابْتَلاکَ بِهٖ وَفَضَّلَنِیْ عَلٰی کَثِیْرٍ مِّمَّنْ خَلَقَ تَفْضِیْلًا

Alhamdu lillaahil-lazee 'aafaanee mimmab-talaaka bihi wa fadhdhalanee 'alaa katheerim mimman khalaqa tafzeela .

Allah ka shukr hai jis ne mujhe is bimaari se aafiyat di, jis men tujhe mubtala kiya. aur jis ne mujhe kaseer makhlooq par khaas fazeelat se nawaza, (Tirmezi:3432)

Jisne yeh kalamaat padh liye. Use woh takleef kabhi na pahunchegi.

Aur doosri jagah par Allah kareem ne farmaya:

Allah ki ne'maton ko yaad karo. taake tum kaamiyaab ho jaao. (Al-A'raaf: 69)

Har maheene mein quran khatm karna:

Allah ke Mahboob hamaare Rasool Piyaare ﷺ ne farmaya:

Har maah quraan khatam kar liya karo.

(Dawood:1389. Sahi aljaame':1158)

har maheene qur'an khatam karne ka

tareeqah:

Har farz namaaz se das minat qabl Masjid men haazir ho jaayen taake aap chaar safhaat, 2 waraq padh saken.

Is tarah har roz Allah ke (10) auraaq aur (20) safhaat ho jaayenge jis se ek parah mukammal ho jaayega aur is tareeqe se aap badi aasaani se pura quraan kareem ek mahine men khatam kar sakenge.

Sone se pahle ki sunnatein

1.***Bismika Allaahumma 'amootu wa 'ahyaa.***

Aye Allah main tere hi naam ke saath marta hoon aur zindah hota hoon. *(Bukhari:6325)*

2.Rasoolﷺ ke muta'alliq hadees mein aata hai ke woh sone se pahle apni donon hatheliyon ko milaate phir un men thuthkaarte aur padha karte.

Qul Huwallaahu 'Ahad.
Qul 'a'oozu birabbil-falaq.
Qul 'a'oozu birabbin-naas.

teenon suratein mukammal padhte) phir apne jism mubaarak par jahaan tak haath pahunchta apne sar mubaarak aur jismein athar ke agle hisse pherte huye saare jism mubaarak par haathon ko ghumaaya karte. aur yeh amal teen martabah kiya karte.

(Sahih Bukhari:4439)

3.Aayatal Kursi padhna:

اَللّٰهُ لَاۤ اِلٰهَ اِلَّا هُوَ الْحَیُّ الْقَیُّوْمُ (صحیح بخاری:3275)

Iss Aayatal Kursi ke padhne ka faayedah

jo shakhs ise padhta hai Allah ki taraf se ek farishta hamesha uski hifaazat keliye muqarrar kar diya jaata hai. aur shaytaan uske qareeb nahin aata. jaise pahle hadees mein zikr ho chuka hai.

۴۔ بِاسْمِکَ رَبِّیْ وَضَعْتُ جَنْبِیْ وَبِکَ اَرْفَعُهٗ اِنْ اَمْسَکْتَ نَفْسِیْ فَارْحَمْهَا وَاِنْ اَرْسَلْتَهَا فَاحْفَظْهَا بِمَا تَحْفَظُ بِهٖ عِبَادَکَ الصَّالِحِیْنَ .

Bismika Rabbee wadha'tu janbee, wa bika 'arfa'uhu, 'in 'amsakta nafsee farhamhaa, wa'in 'arsaltahaa fahfazhaa, bimaa tahfazu bihi 'ibaadakas-Saaliheen.

Aye mere rab! tere hi naam se main ne apna pahlu rakhkha aur tere saath hi use uthhaounga. agar tu meri rooh ko rok le to us par raham farmaana. aur agar use chod de to tu uski hifaazat farmaana, jiske saath tu apne nekk bandon ki hifaazat farmata hai.

(Bukhari:6320, Tirmizi:7067)

اَللّٰهُمَّ اِنَّکَ خَلَقْتَ نَفْسِیْ وَاَنْتَ تَوَفَّاهَا ، لَکَ مَمَاتُهَا وَمَحْيَاهَا اِنْ اَحْيَيْتَهَا فَاحْفَظْهَا وَاِنْ اَمَتَّهَا فَاغْفِرْلَهَا،اَللّٰهُمَّ اِنِّیْۤ اَسْئَلُکَ الْعَافِيَةَ

Allaahumma innaka khalaqta nafsee wa 'Anta tawaffaahaa, laka mamaatuhaa wa mahyaahaa, in 'ahyaytahaa fahfazhaa, wa in 'amattahaa faghfir lahaa. Allaahumma innee 'as aluka-'aafiyata.

Aye Allah! tune hi meri jaan ko paida kiya aur tuhi

use maarega, tere hi liye hai uski maut aur uski zindagi, agar use zindagi de to uski hifaazat farmaana. aur agar tu use faut kare to use bakhsh dena. aye Allah! main tujh se aafiyat ka sawaal karta hoon.(Muslim:7063)

6.Apne daayen haath ko apni rukhsaar ke neeche rakhte huye yeh kalimaat teen martabah kahna

اَللّٰهُمَّ قِنِیْ عَذَابَکَ یَوْمَ تَبْعَثُ عِبَادَکَ

Allaahumma qinee 'azaabaka yawma tab'athu 'ibaadaka. *(Dawood:5045, Tirmezi:3398)*

7. 33martabah.***Alhamdulillaah***

33 martabah.***Subhaanallaah***

34 marbaha.***Allaahu Akbar*** *(Bukhari, Muslim)*

اَلْحَمْدُلِلّٰهِ الَّذِیْ اَطْعَمَنَا وَسَقَانَا وَ کَفَانَاوَاٰوَانَافَکَمْ مِمَّنْ لَاکَافِیَ لَهٗ وَلَامُؤْوِیَ

8.Alhamdulillaahi-llazee at'amanaa wa saqaanaa, wa kafaanaa, wa 'aawaanaa, fakam mimman laa kaafiya lahu wa laa mu'wiya.

Sab ta'reef Allah ke liye hai jisne hamen khilaya aur pilaya aur hamen kifayat kar gaya aur hamein jagah di. pas kitne hi logg hain jinhen koyi kifayat karne waala nahin aur nahi koyi jagah dene waala hai.

(Muslim:7069)

اَللّٰهُمَّ عَالِمَ الْغَیْبِ وَالشَّهَادَةِ فَاطِرَ السَّمٰوٰاتِ وَالْاَرْضِ رَبَّ کُلِّ شَیْءٍ وَمَلِیْکَهٗ، اَشْهَدُ اَنْ لَّااِلٰهَ اِلَّااَنْتَ ،اَعُوْذُبِکَ مِنْ شَرِّنَفْسِیْ وَمِنْ شَرِّالشَّیْطَانِ وَشِرْکِهٖ وَاَنْ اَقْتَرِفَ سُوْءً اعَلٰی نَفْسِیْ اَوْ اَجُرَّهٗ اِلٰی مُسْلِمٍ

9.Allaahumma Aalimal-ghaybi wash-shahaadati faatiras-samaawaati wal'ardhi, Rabba kulli shya'in wa maleekahu, 'ash-hadu 'al laa ilaaha illaa Anta 'a'oozu bika min sharri nafsee, wa min sharrish-shaytaaniwa shirkihi wa an aqtarifa soo'an 'alaa nafsee 'wa 'ajurrahu 'ilaa Muslimin.

Aye Allah! ghaib wa haazir ko jaanne waale, aasmaanon aur zameen ke paida karne waale, har cheez ke rab aur uske maalik. main gawaahi deta hoon ke tere elaawah koyi ma'bood nahin. main teri panaah maangta hoon. apne nafs ki shar aur shaytaan ki shar aur uske shirk se. aur yeh ke main apne nafs par kisi buraayi ka ertakaab karun ya kisi musalmaan ke liye buraayi karun.

(Dawoond:5067, Sahi Aljaame':7813)

اَللّٰهُمَّ اَسْلَمْتُ نَفْسِیْ اِلَیْکَ وَفَوَّضْتُ اَمْرِیْ اِلَیْکَ وَوَجَّهْتُ وَجْهِیْ اِلَیْکَ وَاَلْجَأْتُ ظَهْرِیْ اِلَیْکَ، رَغْبَةً وَّ رَهْبَةً اِلَیْکَ لَامَلْجَا وَلَامَنْجَامِنْکَ اِلَّااِلَیْکَ اٰمَنْتُ بِکِتَابِکَ الَّذِیْ اَنْزَلْتَ وَبِنَبِیِّکَ الَّذِیْ اَرْسَلْتَ

10.Allaahumma 'aslamtu nafsee ilayka, wa fawwaztu amree ilayka, wa wajjahtu wajhee ilayka, wa 'alja'tu zahree ilayka, raghbatan wa rahbatan ilayka, laa maljaa'wa laa manja'a minka illaa ilayka, aamantu bikitaabikal- lazee anzalta wa bi-nabiyyikal-lazee arsalta.

Aye Allah! Main ne apne aap ko tere taabe' kiya, aur apne kaam ko tere supurd kiya, aur apne chehre ko

teri taraf mutawajjah kiya. aur apni kamar ko tere saamne jhukaadiya, teri taraf raghbat aur tujh se darte huye. na koyi panah ki jagah aur na hi koyi bhaagne ki jagah magar teri taraf. main us kitaab par eemaan laaya jo tunr naazil ki aur us nabi ke saath jisko tune bheja. *(Bukhari:6311, Muslim:7057)*

اَللّٰهُمَّ ربَّ السَّمٰواتِ السَّبعِ وربَّ الْعرشِ الْعظِيم ،ربَّنا وَربَّ كُلِّ شَيْءٍ فالِقَ الْحبِّ والنّوى ومُنزِل التّوْراةِ والْاِنْجيلِ والْفُرقانِ ،اَعُوذُ بكَ مِنْ شَرِّ كُلِّ شَيْءٍ انتَ اٰخِذٌ بناصيتِه اَللّٰهُمَّ اَنْتَ الْاَوّلُ فَلَيْسَ قَبْلَكَ شَيْءٌ وَّاَنتَ الْاٰخِرُ فليس بعْدكَ شَيْءٌ وَّاَنْتَ الظّاهِرُ فَلَيْسَ فَوْقَكَ شَيْءٌ وَّانْتَ الْباطِنُ فَلَيْسَ دُوْنَكَ شَيْءٌ اِقْضِ عَنّا الدَّيْنَ وَاَغْنِنَامِنَ الْفقْرِ

Allaahumma Rabbas-samaawaatis-sab'i wa Rabbal-'Arshil-'Azeem, Rabbanaa wa Rabba kulli shay'in, faaliqal-habbi wannawaa, wa munzilat Tawraati wal-'Injeeli, wal-Furqaani, a'oozu bika min sharri kulli shay in Anta 'aakhizum binaasiyatihi, Allaahumma 'Antal- Awwalu falaysa qablaka shay'un, wa Antal Aakhiru falaysa ba'daka shay'un, wa 'Antaz-zaahiru falaysa fawqaka shay'un, wa 'Antal-Baatinu falaysa doonaka shay'un, iqdhi annad-dayna wa aghninaa minal-faqri.

Aye mere Allah! saaton aasmaanon ke rab! aur arshe azeem ke rab! hamaare rab aur har cheez ke rab! daane aur guthli ko phaadne waale! tauraat, enjeel aur furqaan ko utaarne waale! main har us

cheez ki shar se panah chaahta hoon jis ki peshaani tu pakde huye hai. aye Allah! tuhi awwal hai tujh se qabal koyi cheez nahin.tuhi aakhir hai tere ba'd koyi cheez nahin. tuhi zaahir hai tujh se oupar koyi cheez nahin aur tuhi baatin hai tere siwa koyi cheez nahin. tu hamen qarz se faarigh karde aur hamen faqeeri se gani karde. (Muslim:7064)

12.Suratul Baqrah ki aakhri do aayaat padhna:

Aakhri surat tak اٰمَنَ الرَّسُوْلُ بِمَآ اُنْزِلَ اِلَيْهِ مِنْ رَّبِّهٖ وَالْمُؤْمِنُوْنَ

Faaidah:Jo shakhs in raat men qura'n padhega use kifaayat kar jaayen ge.*(Bukhari:5009, Musli:1914)*

Ba'z Ualamaa ne is kifaayat ke baare mein bayaan farmaya hai ke yeh aayaat insaan ke qiyaamullail se kifaayat kar jaayen gi. aur ba'z ne kaha kih use har buraayi, makroh aur shar se kifaayat kar jaayen gi.

Imaam nauvi رحمۃ اللہ علیہ farmaate hain: mera khayaal yeh hai ke donon muraad le liye jaayen to koyi harj nahin. (Imaam nauvi fil azkaar)

13.Ba wazu hona: hadees men hai: Jab tu apne bistar par aaye to wazu karle.*(Bukhari:247)*

14.Daayen karwat letna: hadees mein hai: Phir aap apni daayen karwat let jaayen.*(Bukhari:247, Muslim:7057)*

15.Daayen haath ko daayen rukhsaar ke neeche rakhna:

Allah ke Rasool ﷺ jab lete to daayen haath ko apni daayen rukhsaar mubaarak ke neeche rakh lete. *(Abu Dawood:5045)*

16.Bistar jhaadna:

Jab koyi bistar par aaye to use chaahiye ke apne bistar ko jhaad le kyun ke use kuchh ma'loom nahin ke uski adme maujoodgi mein kiya huwa hai. (ya'ni. koyi keeda makoda to daakhil nahin ho gaya?)

(Sahih Bukhari:6320, Muslim:7067)

17.Is ,***Qul yaa Aayyuhal Kaafiroon*** surat ka padhna:

☆ *Faaidah:*Is surat ke padhne se jahannam se bara't milegi.(Abu Dawood:5055, Tirmizi:3403, Shaikh Albaani,Imaam Haakim, aur Ibne Hibbaan ne sahi kaha hai. aur Imaam Zahbi ne muwaafiqat ki hai)

Imaam Nauvi رحمۃ اللہ علیہ farmaate hain behtar yeh hai ke in sab azkaar ka ma'mool banaya jaaye. aur agar na ho sake to ziyadah aham hain un par iktafa kar liya jaaye. waise dekha gaya hai ke logon ki aksariyat din raat men do (2) daf'a to zaroor let te hain. agar in sunnaton ko madde nazar rakhkha jaaye to do daf'a un par amal kiya jaa sakta hai. kyun ke ahaadese ki roshni men din ya raat men koyi farq nahin.

Faaidah: Sone ke waqt in tasbeehaat ko sone se pahle padhne ki muhaafizat karta hai to uske liye (100) sadqe ka sawaab likhkha jata hai kyun ke hadees men hai:

Har tasbeeh ***Subhaanallaah*** kahna sadqah hai, har takbeer ***Allaahu Akbar*** kahna sadqah hai, har tahmeed ***Alhamdulillaah*** kahna sadqah hai, aur har tahleel ***laa ilaaha ilallaah*** kahna sadqah hai.

(Muslim:1704)

2.Jab koyi musalmaan in tasbeehaat ko sone se

pahle padhne ki muhaafizat karta hai to uske liye jannat men ek (100) darakht lagaadiye jaate hain. Jaisa ke Ibne Maja mein azkaar ke zimn men hadees zikr ki gayi hai.

3.Allah ta'ala bande ki hifaazat farmaate hain. shaytaan us raat us se bhaag jaata hai aur har qism ki shar aur aafaat se mahfooz rahta hai

4.Allah ta'ala ke zikr se uski etaa'at, uske tawakkul, uski iste'aanat aur uski tauheed par apne din ka ekhtetaam karta hai.

Khaatmah

Yeh theen din raat mein adaa karne waali kuchh sunnaten jinhen yahaan jama kiya gaya hai. Allah se du'aa hai ke woh humein sunnat-e-Rasool ﷺ ke mutaabiq zindagi basar karne ki taufeeq de. aur isi par hamaara khaatmah ho, Aameen

Note:-

Aap Qarieen (padhne waale) se guzaarish hai ke iss kitaab mein kahin bhi kuchh kami ya ziyaadati nazar aaye to baraaye meharbaani Maktaba ko ittelaa de den. take aaindah us kami aur ziyaadati ko durust kiya ja sake. hum aap ke ehsaan mand honge.

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Arrahiqulmakhtoom, Tajalliyat-e-Nuboowat (Safiurrahman Mubarakpuri) aur Zaadul ma'ad (Ibn Qayyim) se makhooz

SEERAT -e- RASOOL

(Sallallahu a'laihi wa sallam)

Part-1

Muallif

Shaikh Hafiz Muhammad Sajid Usaid Nadwi

MAKTABA AL-USAID
Hyderabad-A.P. (INDIA)

Ash-Shaikh Sayeed Bin Ali Al-Qahtaani

Tahqeeq, Takhreej
Hafiz Zubair Ali Zai

Tarjumah
Abdul Hameed Sindhi

MAKTABA AL-USAID
Hyderabad. Cell : 8686474855

ROMAN SCRIPT

MUKHTASAR SAHIH AL-BUKHARI

1

MUALLIF
Imam Abul Abbas Zainuddin Ahmed
Bin Abdul Lateef Az Zubaidi Rahimahullah

TARJUMA WA FAWAYED
Abu Muhammad Hafiz Abdus-Sattaar Hammaad Hafizahullah

NAZR-E-SANI
Hafiz Abdul Aziz A'lvi Hafizahullah

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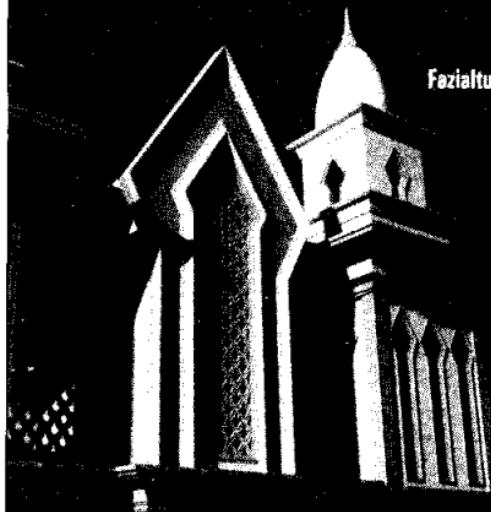
ke Masaayel
ya'ni mukammal

NAMAAZ -E- NABWI

Muallif
A'llamah Muhammad Bin Saleh Al-Uthaimin (RH)

Tarjuma ma' Ezafah
Hafiz Muhammad Sajid Usaid Nadwi

Nazr-e-Sani
Fazialtushshaik Muhammad Ashfaqe Madani

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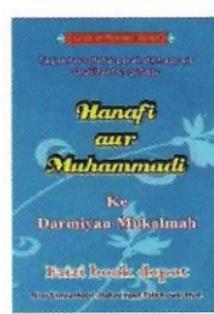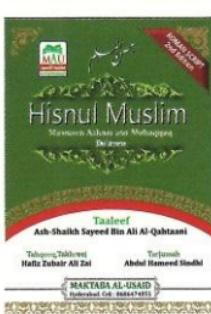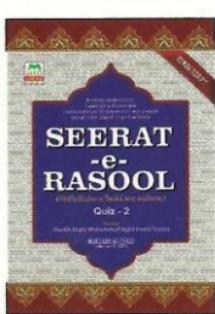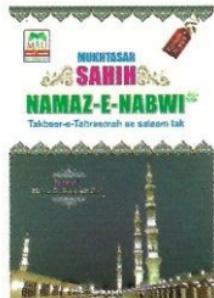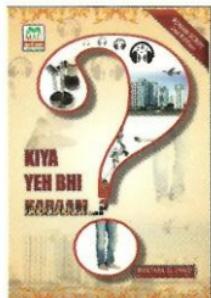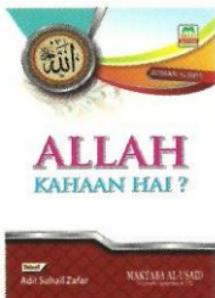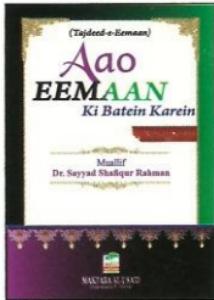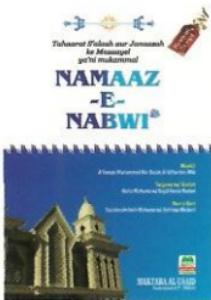
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